

# ADVANCED TRAINING



NOVEMBER  
DECEMBER

## Women on Weights

Multipurpose Room

Tuesday • 6-6:55am with Rudi

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted!

## Workshops

### HIIT Yoga Workshop Series

Mind|Body Studio

with Caitlin

Wednesday November 3 • 5:30pm

Saturday, November 13 • 7:30am

Tuesday, November 14 • 7am

HIIT Yoga is a high-intensity yoga experience that combines the fast pace of interval training with the postures and sequencing of a yoga practice. Increase your heart rate and build up a sweat while reaping the benefits of improved balance and flexibility.

Register for Advanced Training at the Front Desk.

Classes meet once a week.

Fee: \$70 member | \$105 non-member

Drop-In Fee: \$15 member | \$20 non-member

Fee Per Workshop:

\$20 member | \$25 non-member

