



ADVANCED TRAINING

OutFITT

7 Gym/Outdoor Playground
Friday • 9am with Mike L

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

Barre Burner

7 Studio 2
Thursday • 8am with Debbi K

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

Fit Club

7 Gym
Wednesday • 5:30am with Kayla K

If you are looking for a high-energy workout that will push you to your limits and lead you in the direction of prime physical health, then you need to try Fit Club. Avoid plateaus and reach your maximum potential with a variety of different workout formats and challenging cardio circuits. This class is for anyone, whether you are an advanced or a novice exerciser. Come join us for this professionally-devised workout and challenge yourself to something new!

Happy Hour

7 Gym/Outdoor Playground
Monday • 8:30am with Kayla K

Kick-start your metabolism and get those muscles smiling in this one-hour class that combines high-intensity interval training, total-body conditioning and foam rolling. Enjoy a bottle of water at the end of class...compliments of WAC. Your endorphins are calling!

MX4

4 PT Studio | Session 1 & 2
Monday • 5:15pm with Angela R
Wednesday • 7:30am with Angela R
Wednesday • 12:15pm with Angela R
Friday • 7:30am with Shannon G
Saturday • 8:00am with Angela R

Discover MX4 Training for a fresh, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance, or improve overall fitness, MX4 will help you achieve more with a mix of personal trainer attention, camaraderie, and challenging progressive workouts.

Power

4 Gym | Sessions 1 & 2
Tuesday or Thursday • 6:45am with Shannon G

Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed.

Tabata in the Pool

7 Pool
Tuesday • 7:45am with Cindy V

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

Warm Yoga

7 Studio 2
Sunday • 6pm with Kris B

Turn up the heat in this yoga class. The warm temperature helps detoxify the body and increase blood flow, making muscles more pliable. Yoga poses are held longer to improve balance and strength. Warm Yoga will enhance your range of motion, making daily activities easier on your body.

Women on Weights

7 PT Studio
Tuesday • 5:45pm with Kayla K

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!

Register for Advanced Training at the Front Desk.

7 Classes meet once a week for a 7-week session
Fee: \$70 member | \$105 non-member
Drop-In Fee: \$15 member | \$20 non-member

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Classes meet once a week for a 4-week session
Half-Hour Fee: \$45 member | \$65 non-member