



ADVANCED TRAINING NOVEMBER & DECEMBER

Boxing for Parkinson's

Tuesdays • 1:00pm-1:55pm

Adult Playground | 7 week

Learn the fundamentals of non-combat boxing including stance, jabs, calisthenics and use of a punching bag. This “pilot” class is open to people with early stage PD. No skills needed other than good balance and mobility. Medical clearance is requested. “Fight PD Boxing” is sponsored by the American Parkinson Disease Association-Wisconsin Chapter. Visit www.wichapterapda.org to become a member.

Metabolic Boot Camp

Mondays • 9:30-10:25am

Wednesdays • 6:30-7:25pm

Saturdays • 9:30-10:25am

Adult Playground | 7 week

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

WAC Recess

Wednesdays • 4-4:55pm *Ages 5-8*

Wednesdays • 5-5:55pm *Ages 9-12*

Gym | 7 week

Come join us for recess. WAC Recess is the perfect physical education companion for your child's home-school or virtual learning. Meet up with other kids and participate in a variety of recreational fitness activities led by our incredible Trainers. Let's have some fun!

Register for Advanced Training at the Front Desk.

7 Week

Classes meet once a week for a 7-week session

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

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

BROOKFIELD