



# ADVANCED TRAINING SEPTEMBER & OCTOBER

## Boxing for Parkinson's

Tuesday • 1-1:55pm *with Kathy D*

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](http://www.wichapterapda.org) to become a member.

## Metabolic Boot Camp

Wednesday • 6:30-7:25pm *with Karah P*

Adult Playground | 7 week

Saturday • 9:30-10:25am *with Karah P*

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.

## Triple Threat

Saturday • 7:45-8:40am *with Chris W*

Adult Playground | 7 week

This course is designed to help you tone, pump and tighten your body. We will target muscle groups with a variety of exercises designed to get results. Boost your body image and confidence level as you head to the office or for a night out on the town!

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