

MAY - JUNE



ADVANCED TRAINING

4 Week Classes

Shred

Adult Playground | Sessions 1 & 2
Tuesdays • 6pm with Kassie
Saturdays • 10am with Kassie

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.

7 Week Classes

Tabata

Adult Playground
Mondays • 6pm with Kathy

Tabata is one of the most effective types of high-intensity interval training to burn calories and develop muscle definition. Class consists of a warm-up leading to timed sets of bodyweight exercises like sprints, push-ups and squat jumps performed in 20-second intervals of all-out intensity, followed by 10-second recovery periods, and concluding with a well-deserved cool-down. Expect to be progressively challenged as you push to the next level of intensity.

Boxing for Parkinson's

Adult Playground
Tuesdays • 1pm with Kathy

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.

Flexibility and Mobility

Lotus Studio
Tuesdays • 5:30pm with Raven

This class covers past and current research on stretching and mobility with opportunities to learn new alternative stretches for joint and ligament health. You will learn recommendations for duration and frequency of stretching. Each week we will focus on learning new stretches and work on a specific region of the body. Come with a flexible mind and stretch beyond your boundaries!

Metabolic Bootcamp

Adult Playground
Thursdays • 9am with Don

Rev up your metabolism in this bootcamp! 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.

Workshops

Self-Defense

Adult Playground
May 15 • 10am with Garrett
June 12 • 10am with Garrett

This ringside based class focuses on techniques against assault. Learn practical strategies for escaping potentially dangerous situations, adopt mental techniques for reducing victimization, and improve your overall confidence and physical preparedness.

Register for Advanced Training at the Front Desk

Classes meet once a week for a 7-week session

7-Week Fee: \$75 member | \$110 non-member
Drop-In Fee: \$15 member | \$20 non-member

Classes meet once a week for a 4-week session

4-Week Half-Hour Fee: \$50 member | \$70 non-member
Drop-In Fee: \$15 member | \$20 non-member

Registration Information

April 18 - Member registration begins
April 19 - Non-member registration begins