



# ADVANCED TRAINING NOVEMBER & DECEMBER

## OutFITT

Thursdays • 11:30am  
with Mike L | Outside | 4 week

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.

## Glute Camp

Wednesdays • 5:30pm  
With Brandon L | Studio 1 | 7 week

This circuit-based strength class will help you build strong and toned glutes. Move through a variety of exercises using bands, weights and steps. This class is great for any level as you will receive one-on-one variations and progressively challenge your glutes each week.

**Register for Advanced Training at the Front Desk.**

## Strength Training for Runners Workshop

Saturday, November 9 • 9:30am  
With Alissa K | Studio 2

Whether you're a beginner or advanced runner, focusing on hip and glute strength and core stabilization can help improve your stride and avoid injury. In this workshop, you will learn strength training techniques to prepare you for race season.

## 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

## 4 Week

**Classes meet once a week for a 4-week session**

4-Week Half-Hour Fee: \$45 member | \$65 non-member

4-Week Hour Fee: \$90 member | \$110 non-member

**DOWNTOWN**