



ADVANCED TRAINING JULY & AUGUST

Barre Sculpt

Wednesday • 5:30-6:30pm

with Amanda T

Studio 2 | 7 week

Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.

OutFITT

Thursday • 11:30am-12pm

with Mike L

Outdoor | 4 week | Session 1 & 2

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!

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

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

Session 1 (S1): July 6 - August 1

Session 2 (S2): August 2 - August 29

DOWNTOWN