



# ADVANCED TRAINING NOVEMBER & DECEMBER

## Tabata

Mondays • 6pm with Don A  
Thursdays • 6pm with Don A

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.

## Combat Parkinson's Disease

Tuesdays • 11am with Paul W

This movement class is designed to help people living with Parkinson's Disease combat daily challenges, such as stiffness, fatigue, poor balance, postural deficits, muscle weakness and vocal and cognitive impairments. Modeled after the Physical Therapy class, Delay the Disease, Combat Parkinson's provides a safe and fun environment for those who live with PD to use different modalities and strategies to improve their functionality and to help combat the effects of neurological issues. Join us and become a Parkinson's Warrior!

## Empower Yoga

Tuesdays • 5pm with Correen G  
Thursdays • 8:45am with Correen G

In Empower Yoga you'll find your power by applying the Universal Principles of Alignment™ to deepen each pose, and then reach your full potential by expanding from the heart. Whether you want to refine basic poses or learn challenging inversions, arm balances, or backbends, you'll find a full range of postures in this intermediate workshop.

## Barre Sculpt

Wednesday • 5pm with Cailey M

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.

## Body Transformation Bootcamp

Fridays • 5:30am with Nicole F

This boot camp will help you shed those unwanted pounds and inches while taking your workouts to the next level. This class will challenge your mind and transform your body, getting you the results you want!

## Fit Swim

Saturdays • 7:55am with Nicole F & Correen G

Do you swim countless boring laps? Join Fit Swim for a formatted lap swimming work out lead by a trained coach. Help improve your endurance, increase your power and speed and learn stroke development.

## Women on Weights

Saturdays • 8am with Lisa K

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

## Gladiator Bootcamp

Tuesdays • 6pm with Don A  
Saturdays • 10am with Don A

Tired of traditional workouts? Rain or shine, experience outdoor training that will test every aspect of your fitness and reveal your inner warrior. This high-intensity program incorporates muscular endurance, strength training and cardio. Whether you are experienced or just starting, utilize methodology designed to build muscle and shred fat to become a better version of yourself!

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

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