



ADVANCED TRAINING SEPTEMBER & OCTOBER

Tabata

Monday and Thursday • 6pm
with Don A | 7 week

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

Tuesday • 11am
with Paul W | 7 week

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

Tuesday • 5pm
with Correen G | 7 week

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.

Junior Bootcamp

Wednesday • 4pm
with Paul W | 7 week

This class encourages kids to make health and fitness a way of life. Participants benefit from a large group dynamic that motivates them to participate in a variety of activities such as running, interval training and bodyweight exercises. By working in pairs or small groups, children will have the opportunity to socialize and make friends while working at their own pace.

Body Transformation Bootcamp

Friday • 5:30am
with Nicole F | 7 week

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

Saturday • 7:55am
with Nicole F & Correen G | 7 week

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

Saturday • 8am
with Lisa K | 7 week

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

Saturday • 10am
with Don A | 7 week

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!

R.I.S.E.

Sunday • 12pm
with Casey M | 7 week

Boost your energy with this morning class! Using strength and interval training, we will wake up your metabolism and put you in a positive mood. The class finishes with the rejuvenating benefits of foam rolling.

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

GREENFIELD