



ADVANCED TRAINING NOVEMBER & DECEMBER

Happy Hour

Gym | 7 week

Mondays • 8:30am with Kayla K

Bosu Barre

Studio 1 | 7 week

Tuesdays • 5pm with Maggie Z

Power ft. TRX and Kettlebells

Gym | 4 week | Sessions 1 & 2

Tuesdays or Thursdays • 6:45am with Kris W

Tuesdays or Thursdays • 6pm with Mike B

Kettlebell Training

Gym | 7 week

Thursdays • 12pm with Alex K

MX4

PT Studio | 4 week | Session 1 & 2

Mondays • 5:15pm with Angela R

Wednesdays • 8am with Angela R

Wednesday • 12:30pm with Kris W

Fridays • 7:30am with Kris W

Fridays • 9am with Angela R

Saturday • 8am with Angela R

Body Transformation Bootcamp

Gym | 7 week

Wednesdays • 9am

with Megan C

Shred

Gym | 4 week | Session 1 & 2

Wednesdays • 5:30am with Kayla K

Women on Weights

PT Studio | 7 week

Tuesdays • 6pm with Kayla K

Barre Burner

Studio 2 | 7 week

Thursdays • 8am with Debbi K

Tread & Train

Fitness Deck | 7 week

Fridays • 9am with Mike L

Register for Advanced Training at the Front Desk.

7 Week

Classes meet once a week for a 7-week session

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

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

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

LAKE COUNTRY