



ADVANCED TRAINING SEPTEMBER & OCTOBER

Happy Hour

Mondays • 8:45am with Kayla K
Gym | 7 week

Kick-start your metabolism and get those muscles smiling in this one-hour class that combines high-intensity interval training, total-body conditioning and foam rolling. Enjoy a bottle of water at the end of class...compliments of WAC. Your endorphins are calling!

Strength Academy *Ages 13-17*

Mondays & Wednesdays • 1pm with Mike L
Fitness Floor | 4 week | Session 1 & 2

This 4-week program educates young athletes on the importance of strength and conditioning. Led by a certified Personal Trainer, students will learn how to properly and safely conduct strength, dynamic mobility and cardio training exercises. The Trainer will spend time with each student, helping them design workouts that meet their fitness and sport-specific needs. Ages 13-17, maximum of 6 participants.

Power ft. TRX and Kettlebells

Tuesdays or Thursdays • 6:45am with Kris W
Gym | 4 week | Session 1 & 2
Tuesdays or Thursdays • 6pm with Mike B
Gym | 4 week | Session 1 & 2

Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed.

MX4

Mondays • 5:15pm with Angela R
PT Studio | 4 week | Session 1 & 2
Wednesdays • 12:30pm with Kris W
PT Studio | 4 week | Session 1 & 2
Fridays • 7:30am with Kris W
PT Studio | 4 week | Session 1 & 2

Discover MX4 Training for a fresh, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance, or improve overall fitness, MX4 will help you achieve more with a mix of personal trainer attention, camaraderie, and challenging progressive workouts.

MX4 Teens *Ages 12-17*

Mondays • 4pm with Kris W
PT Studio | 4 week | Session 1 & 2

Shred

Wednesdays • 5:30am with Kayla K
Gym | 4 week | Session 1 & 2

Be ready to sweat and beat boredom in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using a combination of gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits (or a variety of disciplines).

Barre Burner

Thursdays • 8am with Debbi K
Studio 2 | 7 week

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

Reboot: Recharge, Refocus, Results

New 12-week program starts the week of September 21. Watch for more details.

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) begins September 8
Session 2 (S2) begins October 6

LAKE COUNTRY