



ADVANCED TRAINING JULY & AUGUST

Knockout

Monday • 7:45-8:45am with Kris B
PT Studio | 7 week

Unleash your inner Rocky! Want to learn how to train like a boxer? In this class you will be guided by a certified trainer through a high-intensity circuit of boxing techniques incorporating individual stations of cardio and strength. You will develop and increase fitness stamina, agility and strength. Boxing gloves required.

Happy Hour

Monday • 10-11am with Kayla
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!

Teen in Training

Monday & Wednesday • 12-12:45pm with Mike L
Fitness Floor | 4 week | Session 1 & 2
Tuesday & Thursday • 3-3:45pm with JD
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

Tuesday or Thursday • 6:45-7:45am with Kris
Gym | 4 week | Session 1 & 2
Tuesday or Thursday • 6-7pm 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

Tuesday • 5:15-5:45pm with Angela
PT Studio | 4 week | Session 1 & 2
Wednesday • 12:30-1pm with Kris
PT Studio | 4 week | Session 1 & 2
Friday • 7:30-8am with Kris
PT Studio | 4 week | Session 1 & 2
Saturday • 8-8:30am with Angela
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.

Shred

Wednesday • 5:30-6:30am with Kayla
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

Wednesday • 8-9am 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!

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

LAKE COUNTRY