



ADVANCED TRAINING NOVEMBER & DECEMBER

Barre Burner

Studio 1 | 7 week

Tuesdays • 9-9:55am with Melissa C

Wednesdays • 6:15-7:10pm with Dana D

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!

Shred

Fitness Floor | 4 week

Wednesdays • 6:00pm with Cassie H

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).

Tabata in the Pool Workshop

Saturday December 5 • 1-2pm

with Katie L | Exercise Pool

Workshop Fee:

\$20 member | \$25 non-member

Tabata is one of the most effective type of high-intensity interval training to burn calories and develop muscle definition. Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you push to the next level of intensity.

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

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

Hour Drop-In Fee: \$25 member | \$30 non-member

NORTH SHORE