



# ADVANCED TRAINING JULY & AUGUST

## Outdoor Bootcamp

Monday • 12:00-12:55pm

with Cassie H

Outside | 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!

## Kettlebell Training

Thursday • 6:15-7:10pm

with Travis O

Gym | 7 week

The kettlebell is an incredible and versatile tool for strength and conditioning. We will teach you safe and effective movement patterns that will allow you to utilize kettlebells in your current fitness routine. After 7 weeks of progressive movements, learn how to safely and effectively swing a kettlebell and perform a Turkish get-up.

## Prenatal Yoga

Sunday • 3:45-4:40pm

with Senta M

Mind|Body Studio | 7 week

Designed specifically for expecting or new moms, this distinctive Yoga class provides energizing but gentle Yoga sequences and relaxation. Learn breathing, visualization and meditation techniques appropriate and safe for this time of unique body changes. This class is suitable for complete beginners and those adapting their regular Yoga practice.

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

## NORTH SHORE