



ADVANCED TRAINING NOVEMBER & DECEMBER

Barre for Beginners

Mondays • 6:00-6:55pm with Kelly S
Saturdays • 9:00-9:55am with Kelly S
Mind|Body Studio

No dance experience needed! Come learn the basics of Barre while getting a total-body workout. These exercises will tone your muscles, challenge your balance and enhance your body awareness. This progressive class is perfect for anyone who is new to Barre and wants to learn more.

Tabata in the Pool

Mondays • 5:30-6:25am with Toni G
Exercise Pool

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 burn calories, develop muscle definition and push to the next level of intensity.

Women on Weights

Tuesdays • 6-6:55am with Rudi M
Multipurpose Room

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

Parkinson's on the Move

Small Gym
Tuesdays • 1-1:55pm with Jessica D

Using exercises based on the Parkinson Wellness Recovery (PWR!) training method, our certified instructor assists in improving lives through movement. PWR! exercises will involve large amplitude rhythmic movements, repetition, sequences with music, stretching, and strength training, while incorporating cognitive tasks into fitness. This class will put FUN in FUNction, targeting symptoms of Parkinson's including rigidity, slowness and smallness of movement, decreased balance, and difficulty walking. Open to participants with early to middle stage Parkinson's. Class requires participants to be independently mobile and have good balance.

Empower Yoga

Wednesday • 7-7:55pm with Katrina P
Mind|Body Studio

In Empower Yoga you'll find your power by applying the Universal Principles of Alignment™ to deepen each pose, and then reach your full potential by expanding from the heart. Whether you want to refine basic poses or learn challenging inversions, arm balances, or backbends, you'll find a full range of postures in this intermediate class.

Fit & Fall Proof

Fridays • 7:30-8:30am with Ericka H
Mind|Body Studio

Have you fallen in the past or do you have a fear of falling? Join us in a progressive class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

Kick Fit

Saturdays • 8:30-9:25am with Andre S
Small Gym

Kick Fit is a vigorous workout featuring one-on-one bag punching, kickboxing, strength, conditioning and intense interval and core training. Burn calories, tone muscles, develop strength and relieve stress while learning self-defense. There's no tricky choreography... just come ready to sweat!

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

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