



# ADVANCED TRAINING SEPTEMBER & OCTOBER

## Backyard Bootcamp

Wednesdays • 6-6:55pm with Cole R  
Outside or Small Gym  
Thursdays • 9-9:55am with Craig P  
Outside or Small Gym

Summertime in Wisconsin is second to none—filled with baseball games, festivals and fairs. With these summer traditions, healthy eating habits and regular exercise routines are often thrown to the wayside. Backyard Boot Camp will help keep you on track with all those pounds you worked hard to shed during the long winter months while enjoying the summer sun. This progressive outdoor class focuses on functional training. It incorporates bodyweight exercises, sledgehammers, tires, battle ropes and much more to give you the best possible workout.

## 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.

## 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.

## Parkinson's on the Move

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

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.

## 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!

## Beginner Barre Workshop

October 6 • 6-6:55pm with Amy L  
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.

### 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

## 12 Week

### REBOOT - Recharge, Refocus, Results

Once-a-week, 1-hour Small Group Training session with a Personal Trainer.  
Motivation to create healthy habits and feel great about your body.

WAUWATOSA