



# ADVANCED TRAINING JULY & AUGUST

## Backyard Bootcamp

**Monday • 6-6:55am** with Cole R  
Outside | 7 week

**Wednesday • 6-6:55pm** with Cole R  
Outside | 7 week

**Thursday • 9-9:55am** with Craig P  
Outside | 7 week

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

**Tuesday • 6-6:55am** with Rudi M  
Multipurpose Room | 7 week

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.

## Outdoor Mindfulness and Meditation

**Wednesday • 10:30-11:25am** with Cornelia B  
Outside | 7 week

Are you mindful or is your mind full? In this class you will learn the concept of mindfulness and the practice of meditation, both of which have been proven scientifically to reduce stress, help deal more effectively with emotions, and increase physical and mental well-being. Quiet your mind and a changed life you will find!

## Empower Yoga

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

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.

## Outdoor Restorative Yoga

**Thursday • 10-10:55am** with Paula T  
Outside | 7 week

Restore and renew your body. Move through traditional Yoga techniques to relieve fatigue and muscle tension. Pranayama (breath work), balancing and nurturing poses will help calm the mind. Props may be incorporated.

## Extreme X

**Thursday • 5:30-6:25pm** with Andre S  
Multipurpose Room | 7 week

Push yourself past what you ever thought possible. Led by a personal trainer, this class takes traditional interval training to a new level with long bursts of maximum intensity exercise and short periods of rest. Workouts will include cardio and plyometric exercises with intervals of power, resistance, strength and core training. The more variety you include in your workout, the better and faster your results will be.

**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

# WAUWATOSA