



ADVANCED TRAINING NOVEMBER & DECEMBER

G.R.I.T.

Mondays • 5pm-5:55pm

With Brenda S | PT Studio | 7 week

Do you have what it takes to work your way through 30, 60 and 90-second intervals of cardio, strength, plyometrics and static holds? If yes, Group Radical Interval Training is your chance to prove it! This workout challenges you both physically and mentally and will improve your cardiovascular fitness, increase your strength, release those endorphins and burn calories for hours after class is over.

Women on Weights

Tuesdays • 5:30-6:25pm

With Jason D | PT Studio | 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.

Power ft. Kettlebells

Wednesdays • 6:30-7pm

With Jason D | PT Studio | 4 week

Learn to use your own body weight and small apparatuses for resistance to work the muscles deeper. This full-body, intense workout will light your inner furnace and rev your metabolism.

Core Pilates

Thursdays • 4:30-5:25pm

With Tammy L | Studio 1 | 7 week

Learn to use your own body weight and small apparatuses for resistance to work the muscles deeper. This full-body, intense workout will light your inner furnace and rev your metabolism.

Kids Yoga

Thursdays • 5-5:55pm

With Jim M | Mind|Body Studio | 7 week

This class will safely introduce your child to Yoga in a fun and challenging way. We'll bark in downward dog, hiss in cobra pose and flutter our wings in butterfly while we take a Yoga journey that your child will never forget!

Yoga for Beginners

Saturdays • 9-9:55am

With Jim M | Mind|Body Studio | 7 week

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

Youth Sports Conditioning

Saturdays • 9-10am

With Jarett | Court 2 | 7 week

This class will help kids 5th-8th grade achieve their full athletic potential through an intricate blend of endurance, agility, exercise fundamentals and flexibility training. The key to success in athletics is hard work and participation in a broad range of activities. Speed and strength are not inherited; they are taught. Participants will learn how to execute moves with proper form, installing a solid exercise foundation they will use the rest of their lives. Kids will work hard and have a blast as we work our way through the program.

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

Half-Hour Fee: \$45 member | \$65 non-member

Session 1 (S1) begins September 8

Session 2 (S2) begins October 6

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