



# ADVANCED TRAINING SEPTEMBER & OCTOBER

## **G.R.I.T.**

**Mondays • 5:00pm-5:55pm**  
with *Brenda S*  
PT Studio/Yard | 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.

## **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 *Meghan G*  
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.

**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

**WEST ALLIS**