



# ADVANCED TRAINING JULY & AUGUST

## Women on Weights

Tuesday • 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.

## Yoga for Beginners

Saturday • 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

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