



## STRENGTH PROGRAMS

### INTRO TO STRENGTH TRAINING

*Learn the principles and essential movement patterns associated with developing strength, speed, and endurance.*

**WEDNESDAYS | AGES 16+ | 4:45-6:00PM**  
SEP 6 - OCT 25 | 8 SESSIONS | \$132 | #6853

### STRENGTH AND CONDITIONING

*An advanced option for those who have previous experience in the gym and want a challenge! Increase your strength, balance, flexibility and core stability.*

NEW

**TUESDAYS | AGES 16+ | 6:45PM - 8:00PM**  
SEP 5 - OCT 31 | 9 SESSIONS | \$149 | #6846

### STRENGTH & CONDITIONING 50+

*Strength training at any age is important to general well-being. Improve your balance, boost energy levels, elevate cognitive functioning, and alleviate discomforts.*

**TUESDAYS | AGES 50+ | 5:15PM - 6:30PM**  
MAY 2 - JUN 27 | 9 SESSIONS | \$149 | #6849



## YOUTH PROGRAMS

### YOUTH S&C: HIGH PERFORMANCE

*This program is well suited for athletes looking to take their training to the next level with more advanced movements and training plans.*

NEW

**Fridays | AGES 12-18 | 5:00PM - 6:30PM**  
SEP 15 - DEC 8 | 13 SESSIONS | \$180 | #6837  
\*NO CLASS SEP 29, OCT 6, NOV 10

### WOW +

*Join other like-minded people looking for a non-competitive, friendly fitness experience focused on developing strength and general fitness in a supportive group setting.*

**OPTION 1: MONDAYS | AGES 18+ | 7:00-8:00AM**  
SEP 11 - OCT 30 | 6 SESSIONS | \$99 | #6838  
\*NO CLASS OCT 2, OCT 9, NOV 13

**OPTION 2: WEDNESDAYS | AGES 18+ | 7:00-8:00AM**  
SEP 6 - OCT 25 | 8 SESSIONS | \$132 | #6839

### ADAPTED STRENGTH & CONDITIONING

*Designed for people with physical or cognitive limitations. This workout focuses on mobility, functionality and stability.*

**SATURDAYS | AGES 16+ | 11:00AM-12:15PM**  
SEP 9 - OCT 28 | 7 SESSIONS | \$84 | #6865  
\*NO CLASS SEPT 30 AND OCT 7

## ENDURANCE PROGRAMS

### BOOTCAMP

*A progressive program to keep you challenged and motivated while teaching the correct techniques to keep you safe, healthy and confident.*

**MONDAYS | AGES 16+ | 7:00PM - 8:00PM**  
SEP 11 - OCT 30 | 6 SESSIONS | \$99 | #6844  
\*NO CLASS OCT 2 & OCT 9

### PISE FUSION

*Have the best of both worlds by integrating movements from Pilates and Yoga! Enhance your body awareness, posture, balance, flexibility, leg and arm strength and core stability*

**MONDAYS | AGES 18+ | 5:45 - 6:45PM**  
SEP 18 - DEC 11 | 9 SESSIONS | \$182 | #6860  
\*NO CLASS OCT 2, OCT 9, NOV 13

