

FALL 2023

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

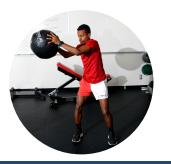
An advanced option for those who have previous experience in the gym and want a challenge! Increase your strength, balance, flexibility and core stability.

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.

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-12:15PMSEP 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





