



## STRENGTH PROGRAMS

### INTRO TO STRENGTH TRAINING

Beginner

**WEDNESDAYS | AGES 16+ | 4:45PM-6:00PM**  
11 SESSIONS | JAN 10-MAR 20 | \$176

### STRENGTH AND CONDITIONING

Intermediate & Advanced

**TUESDAYS | AGES 16+ | 6:45PM - 8:00PM**  
11 SESSIONS | JAN 9-MAR 19 | \$176

### STRENGTH & CONDITIONING 50+

**TUESDAYS | AGES 50+ | 5:15PM - 6:30PM**  
11 SESSIONS | JAN 9-MAR 19 | \$176

**SATURDAYS | AGES 50+ | 9:00AM - 10:15AM**  
9 SESSIONS | JAN 6-MAR 16 | \$144

### ADAPTED STRENGTH & CONDITIONING

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

**WEDNESDAYS | AGES 16+ | 6:00PM-7:00PM**  
11 SESSIONS | JAN 10-MAR 20 | \$84

**SATURDAYS | AGES 16+ | 11:00AM-12:15PM**  
11 SESSIONS | JAN 6-MAR 16 | \$72

### PISE FUSION

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

**MONDAYS | AGES 18+ | 5:45PM - 6:45PM**  
10 SESSIONS | JAN 8-MAR 18 | \$182



## YOUTH PROGRAMS

### YOUTH S&C: FITNESS FOUNDATIONS

*This high level program will focus on performance elements, with a higher training intensity than the Youth S+C Foundations program. Open to youth 12-18 years old.*

**SATURDAYS | AGES 11-16 | 1:00PM - 2:15PM**  
8 SESSIONS | JAN 20-MAR 16 | \$180

### 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**  
13 SESSIONS | JAN 19-MAR 15 | \$180

Register Now!





## STRENGTH PROGRAMS

### INTRO TO STRENGTH TRAINING

Beginner

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

### STRENGTH AND CONDITIONING

Intermediate & Advanced

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

### 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 | #6856  
\*NO CLASS SEPT 30 AND OCT 7

**WEDNESDAYS | AGES 16+ | 6:00PM-7:00PM**  
SEP 6 - OCT 25 | 8 SESSIONS | \$96 | #6851

### WOW +

Beginner & intermediate

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

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

### 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**  
SEP 5 - OCT 31 | 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



## ENDURANCE PROGRAMS

### PISE FUSION

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

**MONDAYS | AGES 18+ | 5:45 - 6:45PM**  
9 SESSIONS | \$182 |

