

NEW FALL PROGRAMS COMING IN OCTOBER

5K PREP PROGRAM

Join Personal Trainer and runner Wendy O'Bryant for an 8 week training program leading up to the Santa Sleigh 5k race in December!

Program Meeting: Sat. 10/19 @ 11 am
Members: \$140/Non: \$182

Training Registration Options:
Saturdays 12:3-1:30 pm (10/19-12/7)
Thursdays 6:30-7:30 pm (10/23-12/12)

BARRE BURN

A total body experience based on pilates and ballet principles. This low impact class offers an upbeat environment focusing on lengthening and strengthening muscles.

Monday's 9:30-10:30 am
Tuesdays 5-6 pm
Wednesday's 6-7 am

Member Monthly Registration: \$15/ class

LES MILLS GRIT SERIES

Our trainers and coaches bring you high intensity, science based interval training. Program Includes: pre & post screening with physical challenges and body composition assessments, implemented nutrition programming and social media integration.

Registration Options:
Tu & Fri: 6-6:30 am-- Studio 2 with Adam & Kim
Tu & Fri: 10:3-11 am-- Studio 2 with Justine
Mon & Wed: 5:30-6 pm-- Studio 2 with Gretchen

Two month Enrollment Required:
Members: \$10 a class/Non: \$13 a class

FOREVER YOUNG

An affordable senior wellness program focused on small group training. Tuesdays you will meet Doc in the pool with a focus on joint pain relief, flexibility and mobility. Thursdays you will meet Kevin on the fitness floor for a focus on senior strength training and balance exercise.

October 1-31
Tuesdays & Thursdays
12-1 PM
Members: \$75/Non: \$98

PALS FOR LIFE

This 8 week program is geared toward breast cancer survivors and patients with an emphasis on strength training to replenish muscle mass lost during treatment. The program will follow a slow, progressive, weight lifting twice a week that includes upper and lower body exercise in a small group setting with other PALS.

Tuesday & Thursday
October 1st to November 21st
11am-12 pm
Members: \$149/Non: Non-Members \$194

YOGA WORKSHOPS

Advanced Arm Balancing Master Class

Join us for 75 minutes of FUN as we break down the mechanics in poses such as firefly, eight angle row, crow, side crow and one leg arm balance. If you have been struggling with these poses or just wanting to try them, you will be amazed at what a little one on one instruction will do for you!

Sat. 10/12 @ 1-2:15 pm
Members: \$15/Non: \$20

Power Up Workshop

Are you ready to take your yoga practice to the next level? Join Lorie Fung in a small group setting as she fosters proper breath, focus, alignment and balance to achieve more advanced poses and flow.

Sun. 11/10 @ 12-2:30 pm
Members: \$45/Non: \$55



REGISTER

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