

March 2017 CLINICS & WORKSHOPS

SPECIALTY WORKSHOPS:

March Madness–Ball Workout with Yvette

March 7 – 28th

Tuesdays, 8:30 – 9:15am

Members \$60 | Non-Members \$80

Drop-in rate: Member \$20 | Non-Member \$25

Slam, balance, crunch and HIIT! We'll use stability balls, medicine balls and the Bosu for some total body fun.

Resistance Flexibility Stretching and Yoga with Bianca Zable

March 7 - 31

Tuesdays, 11: 00 – 11:45am

Or Fridays, 2:00 – 2:45pm (Starts March 10)

Members \$60 | Non-Members \$80

Drop-in rate: Member \$20 | Non-Member \$25

Yoga Studio

Muscles do not stretch the way most everyone thinks they do. You must continuously contract muscles while lengthening them to produce a change in flexibility. Resisting and tensing the muscles while stretching is called Resistance Stretching or Resistance Flexibility. Try this new way to stretch and enjoy benefits that offer immediate, cumulative, and permanent increases in flexibility; takes the pain out of stretching protects one from injuring themselves by over-stretching; results in gains in both strength and aerobic capacity; improves performance accuracy; and creates core stable movements.

The MELT METHOD – Live Pain Free with Shana Barry

Sunday, March 5, 3:45-4:45pm

Fitness Studio

Member \$20 | Non-Member \$25

Move and feel better with MELT. Eliminate stiffness and pain with The MELT Method while improving sleep and digestion. In this clinic you will be exposed to using spongy soft foam rollers and small soft MELT balls to learn simple self-care techniques to release stuck stress in your fascia. Improve joint mobility, posture, balance, and stability. Release tension in your neck, shoulder, hips and back. Whether you're an athlete or someone looking to move with greater ease, these techniques are a proactive approach to maintaining a healthy and active lifestyle.

TRX Basic Training with Yvette

March 8 – 29

Wednesdays, 8:15 – 9:00am

Members \$60 | Non-Members \$80

Drop-in rate: Member \$20 | Non-Member \$25

It doesn't have to be complicated to get a great total body workout! "All Core, All the Time!"

Spring Sports Conditioning with Kristen Monahan

March 20 – April 24

Mondays, 8:00-8:55am

Members Free | Non-Members \$90 | Drop-in rate \$20

Fitness Studio

A challenging, fun, upbeat tempo conditioning class for all levels and sports. Whether it's cross country skiing, alpine, backcountry, running, hiking, etc. you will be fit to tackle your spring and summer endeavors! A mix of upper body, lower body, core, balance, power, and agility exercises are incorporated into each class leaving you feeling accomplished and ready for your week!

PILATES:

Pilates Wall with Emily

March 1 -31

Monday, Wednesday or Friday, 9:00-9:55am

Or Wednesday, 1:30 – 2:25pm

4 sessions:

Members \$100 | Non-members \$120

5 sessions:

Members \$125 | Non-members \$150

PILATES – The next level of your conditioning!

Free one-on-one 30 minute consult/practice with Zoe

See Tim to schedule a time that fits your schedule.

- Post Rehab
- Sport Specific Focus
- Full Body Fitness

See What Pilates can do for you.

YOGA:

Yoga for Back Care with Lauri Bunting

March 7 – 28

Tuesdays, 5:30-6:30pm

Members \$60 | Non-Members \$80

Drop-in Member \$20 | Non-Member \$25

Yoga Studio

This series focuses on self-care for the back on and off the yoga mat. Students will learn postures and practices that relieve muscular tension, create stability, build strength, and shift the body into proper alignment. We will cover recommended postures for common conditions as well as modifications and poses that should be avoided.

AQUATICS:

Liquid Blade Runner – Defined with Suzanne Mulenos

March 8 - 29

Wednesdays, 10:00 – 10:55am

Outdoor Pool

Members \$60 | Non-Members \$80

Drop-in rate: Member \$ 20 | Non-Member \$25

Sign up for the entire 4 class sequence and receive one set of blades worth \$59.95 FREE!

Is gravity bringing you down? Love to run but don't want to take the pounding? Explore this new high-intensity cardio-sculpt fitness protocol using the intelligent design of AquaLogix equipment and the resistant properties of water. Treat yourself to a new adventure in fitness with equipment used to train the Navy Seals and a program backed by triathletes, power lifters, professional athletes and fitness instructors!

Space is limited to 10 students.

SOO BAHK DO:**Tiger Tots (5-6 all ranks) with Oliver Whitcomb**

March 27 – May 29

Mondays, 3:00-4:00pm

Members \$240 | Non-members \$260

10% off NEW students and a FREE uniform!

Develop discipline, respect, eye focus, flexibility, strength & coordination as well as a foundation for learning martial arts.

Karate Kids (Ages 7-12, all ranks) with Oliver Whitcomb

March 27 – June 1

Mondays and/or Thursdays, 4:00-5:25pm

One day per week (10 sessions)

Member \$240 | Non-member \$260

Two days per week (20 sessions)

Member \$400 | Non-member \$440

10% off NEW students and a FREE uniform!

Develop discipline, respect, eye focus, flexibility, strength & coordination. Learn the official Soo Bahk Do curriculum that includes self -defense, forms and sparring. Students will obtain official certification for each level they acquire.