



ADULT TEAM PERSONAL

TRAINING

effective 12/1/2016

Monday

5:30 - 6:00 am | Boxing Fitness | Fitness Deck | Steve
8:30 - 9:00 am | Kettlebell | Fitness Deck | Kyle
12:00 - 12:45 pm | Bootcamp | Gym | Kris
5:30 - 6:00 pm | Boxing Fitness | Fitness Deck | Steve

Tuesday

12:15 - 1:00 pm | Bootcamp | Gym | Mike

Thursday

5:30 - 6:00 am | Boxing Fitness | Fitness Deck | Steve
12:15 - 1:00 pm | Bootcamp | Gym | Mike

Wednesday

9:15 - 10:00 am | Boxing Fitness | Fitness Deck | Steve
12:00 - 12:45 pm | Bootcamp | Gym | Kris

Friday

5:30 - 6:00 am | Kettlebell | Gym | Kyle

Pricing: 30 minute classes: *\$15.00 | 45 minute classes: *\$20.00

*A discount of \$2.50 will be applied to all pre-registered classes.



For additional information contact Kris Walter | 262.367.4999 | walter@lcclub.com

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BOOT CAMP

Reap the benefits of this ultimate calorie-burning workout, which combines the best of cross-training conditioning with speed drills, plyometrics, and power exercising. A complete workout with the benefits of camaraderie and social support. All levels welcome.

BOXING Fitness

This Total Body workout focuses on strength, cardio, balance, agility, and explosiveness. Proper boxing and kick boxing techniques are taught every class so you can safely and effectively get a workout and learn self-defense.

Kettlebell

Kettlebell workouts are among the most popular workouts in the US for burning fat right now! Join Fitness Coach and kettlebell gurus Kyle Lange and Mike Badura as they show you how to safely and effectively unleash your fat burning potential with kettlebells.

TRX

TRX (total resistance exercise) training uses leveraged body weight exercises on TRX straps to challenge you to improve strength, balance, flexibility, and core stability. Your trainer can adapt this TRX workout to include an entry level member to a seasoned athlete, in the same class!



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