

WHITNEY RECREATION CENTER



NEW! WHIT FIT CAMP *ALL AGES!*

WELLNESS - HEALTH - INCLUSIVE - THRIVE
6 WEEK PROGRAM | FEBRUARY 8TH - MARCH 19TH, 2021
M/W/F 6:30 AM - 7:15 AM | COST: \$60 | MAX 25

FIT Camp is a blend of cardio moves, body weight exercises and speed/agility elements within each class session delivered in a circuit format. Your body will be challenged with this interval training - bursts of intense activity alternated with intervals of lighter activity. Work at your own pace as your trainer takes you through a series of both strength training and cardio full body movements that'll have you sweating and your muscles burning. Feel strong, powerful, and accomplished leaving our FIT camp. All levels encouraged. Trainer will provide high and low intensity options.

ALSO INCLUDED:

- ONE 1:1 30 minute personal training session in the exercise room to develop equipment knowledge and wellness strategies.
*Additional \$35/1 hour sessions available.
- WHIT Packet outlining basic NUTRITION guidance, positive MINDSET, and developing healthy HABITS.

NEW! CORE/CARDIO MEGA MIX *ALL AGES!*

6 WEEK PROGRAM | FEBRUARY 9TH - MARCH 18TH, 2021
TU/TH 6:30 AM - 7:15 AM | COST: \$40 | MAX 25

This cardio class with an emphasis on the core will improve your balance and agility while sweating it all out with a mega mix of High Intensity Interval Training, Tabata, and KardiKick. Movement can be low impact or high impact depending on your level, but ALL will come out of class with a core afterburn and a sweaty smile!



WHAT TO BRING:

Please bring your own yoga mats, water bottle, towel, AND weights/bands if you want added resistance. Face masks required.

TO REGISTER:

CLASS REGISTRATIONS & PERSONAL TRAINING:

Online at:

<https://www.ci.stcloud.mn.us/416/Registration-Information>