



# Women

## Practical Self Defense for Women

Ladies! Learn how to defend yourself on the street while getting a cardio workout. Eli Werdesheim, Israeli Army Special Forces Veteran will teach you practical self defense skills based on Krav Maga techniques. Medium Difficulty. Members ONLY! 5wks. Contact Jackie at PH x247. No class 9/28, 10/5.

PH Mon	8:00- 9:00pm	9/14-10/26	\$80/M	20798
PH Mon	8:00- 9:00pm	11/2-11/30	\$80/M	20799

## Women's Body Shred Bootcamp

Age 16+. Workouts and weigh-ins & measurements get you on track to take off the weight and get in shape. To burn fat, you must build muscle and increase your metabolic rate. You'll be amazed how your body will change! Taught by Personal Trainer, Ilana Kafka. Meets in the Gym. Contact Jackie at PH x247. 4wks. No class 9/28.

PH M/W	7:00- 8:00am	9/14-10/19	\$99/M	20960
PH M/W	7:00- 8:00am	10/26-11/18	\$99/M	20962
PH M/W	7:00- 8:00am	11/23-12/16	\$99/M	20963

## Lift Weight to Lose Weight

Ages 18+. Resistance Training leads to increased calorie burning for up to 2 hours following a workout and can also raise your metabolic rate for as much as 12 hours after exercising. Learn how to efficiently build muscle without bulk and rev up your metabolism to burn calories even at rest. Trainer Ilana Kafka. 4wks. No class 9/28. Contact Jackie at PH x 247. No class 10/5, 10/7.

PH M/W	9:00-10:00am	9/14-10/19	\$99/M	20677
PH M/W	9:00-10:00am	10/26-11/18	\$99/M	20678
PH M/W	9:00-10:00am	11/23-12/16	\$99/M	20679

# Men

## Men/Teen Self Defense

Ages 15+. Personal attacks are occurring at higher rates! Learn to protect yourself and your family with Eric Goldstein. Learn boxing, Muay Thai, MMA, Hapkido, ground defense and other self-defense skills. 9wks. Contact Jackie at PH x 247.

PH Sun	1:30- 2:30pm	10/18-12/13	\$120/M \$180/NM	20964
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## Men's Martial Arts

Ages 18+. Ever wanted to learn martial arts? Learn the traditional arts of Taekwando & Hapkido with a big emphasis on self defense with Eric Goldstein, a second degree black belt with over 10 years of teaching experience. 9wks. Contact Jackie at PH x 247.

PH Sun	2:30- 3:30pm	10/18-12/13	\$120/M \$180/NM	20944
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For a listing of all our FREE group fitness classes, please see page 28

# Coed

## Boxing Drills - COED

Adults ages 18+. NOT FOR THE MEEK OR FAINT OF HEART! Learn traditional boxing techniques, practice different hand combinations and boxing drills. Work on your speed and dexterity, improve your cardiovascular endurance while learning how to protect yourself! Instructor: Erez Minka. Boxing Gloves and wraps required & can be purchased for \$20. 4wks. Contact Jackie at PH x 247. No class 11/26.

PH T/Th	8:00- 9:00pm	9/8-10/1	\$99/M	20671
PH T/Th	8:00- 9:00pm	10/13-11/59	\$99/M	20672
PH T/Th	8:00- 9:00pm	11/10-12/8	\$99/M	20673

## Israeli Fitness & Self Defense - COED

Adults Ages 18+. Have you heard about the intense training the Israeli army receives? Come experience it yourself with Eli Werdesheim veteran of the Israeli Army Special Forces. This self-defense class incorporates cardiovascular conditioning, strength training and combat training based upon Special Forces training & Krav Maga techniques used in the Israeli army. Meets in Racquet Ball Court #4. 5wks. Contact Jackie at PH x 247. No class 9/28, 10/5.

PH Mon	7:00- 8:00pm	9/14-10/26	\$80/M	20675
PH Mon	7:00- 8:00pm	11/2-11/30	\$80/M	20676

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### Boxing Babes

Ages 16+. What burns serious calories, relieves stress, and builds stamina? Boxing Babes! Workout your aggressions, release stress, lose weight and tone your body with this fabulous Small Group Training class. Class involves shadow boxing while holding two-pound weights in each hand, calisthenics, jumping rope, and learning different boxing techniques and punching combinations, foot work, and working the speed and heavy bags. Taught by Personal Trainer Roman Gertsovich. 6 wks. Contact Lynn in OM at x502.

OM Mon 7:00- 8:00pm 10/5-11/9 \$96/M 20781

### Lift Weight to Lose Weight

Age 16+. A new study confirms that strength training is important in losing weight. Although aerobic exercise burns calories, the body's metabolism quickly returns to pre-exercise levels, usually within 30 minutes. Resistance training, according to the Johns Hopkins research, leads to increased caloric burning up to two hours after the workout and can also raise the metabolic rate up to 12 hours post exercise. If you lift weights, your body burns calories faster. Learn how to efficiently build muscle without bulk, and rev up your metabolism to burn calories even at rest. Taught by a Personal Trainer. 6 wks. Contact Lynn in OM at x502.

OM Thu 12:30-10:30am 9/10-10/15 \$72/M 20785

OM Sun 9:00-10:00am 10/18-12/22 \$72/M 20782

OM Tue 9:30-10:30am 11/17-12/22 \$72/M 20783

OM Mon 8:00- 9:00pm 11/16-12/21 \$72/M 20784

### Boot Camp

Age 16+. Give us six weeks (30 sessions) and we promise to keep you motivated, committed and accountable as you melt fat and get in the best shape ever! All ages and abilities welcome. Each day will increase in intensity. Held both inside and outside the building. 6 wks. Contact Lynn in OM at x502. No class 9/28.

OM M-F 6:00- 7:00am 9/14-10/19 \$298/M 20786

OM M-F 7:00- 8:00pm 10/5-11/4 \$298/M 20787

### 5 weeks to a 5K- Small Group Training

Age 16+. 5 weeks and 10 sessions of Small Group Training with our top-notch trainers, Wayne McFadden and David Van Dinter. Wayne and David will take you through a 5-week running regimen that will transform you from a couch potato into a runner ready for your first 5K. They will also give you training tips and advice. Learn to train the correct way. Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable. Wayne will ease you into the new lifestyle gradually. Don't put it off any longer. Your time is now. Learn how to train for a 5K. Goal will be the Susan G. Komen Race for the Cure on October 18 in Hunt Valley. No Class 9/28. Contact Lynn in OM at x502.

OM M/Th 6:00- 7:00am 9/10-10/15 \$99/M 20788

OM M/W 7:00- 8:00pm 9/10-10/14 \$99/M 20789

OM W/F 10:00-11:00am 9/9-10/9 \$99/M 20790

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### Super Circuit

Adults. Small group Training Session with Sandi Rubin. Work your entire body in a fast paced workout as you move through stations that work every muscle group including your heart. We will focus on core training at the end of class. In Fitness Center and Wood Gym. 6 wks. Contact Lynn at OM x502.

OM Wed 10:00-11:00am 9/16-10/21 \$72/M 21002

### KettleBell Cardio

Adults. Small Group Training session with Sandi Rubin. This class will take your fitness to a new level. Kettlebells are weights with handles and will give you a cardio and strength training workout in 30 minutes. The benefits from Kettlebells are; burning fat, building strength, increasing cardiovascular endurance and increase flexibility. Yoga poses to stretch will be incorporated at class end. 45 min class. 6 wks. Contact Lynn in OM x502

OM Fri 9:30-10:15am 9/11-10/16 \$72/M 21003

### Ride a Century – December 8

Age 16+. In the biking world a "century" is a 100-mile bike ride, requiring significant training. Be a distance rider for at least two hours. Proceeds go to families in need. Cycling studio. Contact Amy Schwartz at OM X510.

OM Tue 5:30- 7:30pm 12/8 \$10/M 20712

OM Tue 7:30- 9:30pm 12/8 \$10/M 20714

OM Tue 5:30- 9:30pm 12/8 \$20/M 20715

