



# Metabolic Strength Training Class

## WHEN:

MONDAYS

NOVEMBER 9-

DECEMBER 14

## WHERE:

GREEN ISLE PAVILION

(900 Greene Ave.)

## TIME:

6:10AM-7:00AM

## COST:

\$30 R/\$37 NR

## AGE:

16 years or older

## CLASSES TAUGHT

## BY:



### Join us for socially-distanced metabolic strength training.

Every week will host a different look and feel to keep it interesting! We'll start with a dynamic warmup and then jump into things including exercises to get you stronger, your heart pumping, and of course fun and laughs along the way. We'll be breaking out the agility ladders, kettlebells, and more!

### Class is open to all fitness levels!

This class is scalable for beginner to novice. A personal trainer will be with you guiding and assisting throughout your workout.

### Equipment Needed:

**Please bring** a mat/towel/blanket for any floor work, fitness clothes/shoes, and water.

**Equipment will be provided**, but if you have a favorite resistance tube, weights, or jump rope you would like to learn to better utilize, bring it along!

These classes will be hosted by Heather Trevarthen, owner of Ellipse Fitness for the past 13 years. As a long-time certified personal and group fitness trainer, she has worked with almost every fitness level, body type, and limitation. She would love to help get you moving well and feeling better!

### Register:

- Online: <https://allouez.recdesk.com/>
- Village of Allouez Offices
  - Business Hours: M-Th 7am-4:30pm & F 7am-11am

### For more information:

**WEB:** <http://allouez.recdesk.com/>

**Phone:** (920)448-2804

**E-mail:** [matt.hahn@villageofallouez.com](mailto:matt.hahn@villageofallouez.com)