

# This New Year ~ Wanna Tri?

## Superbowl Indoor Triathlon

**Sunday 1:00 p.m., February 7**

Be a triathlete in 60 minutes flat! This race against the clock is a fun challenge that will appeal to both seasoned racers and first-timers, because you set your own pace. Get ready for a 10-minute swim in the pool, a 30-minute bike ride in the fitness area, and a 20-minute run on the treadmill. Performance is measured by distance covered in each of the three legs. Sign up for a heat time in fitness. See Anne or Jessica with any questions. \$10 Member, \$15 Non-Member

## Cross Training for Runners

**Tuesdays & Thursdays 5:30 - 6:30 p.m., Feb. 2 - 25**

Trainers Jessica Heller and Gretchen Schmidt will maximize your winter running training through the use of plyometric resistance, and flexibility training. Open to teens & adults. Sign up in fitness or Concierge. 4 weeks, 8 sessions \$129 Member, \$149 Non-Member

## Wisconsin Marathon Training Program

**Saturdays at 7:00 a.m., February 13- May 1**

Join experienced runners Kelly Donoghue and Andrea Banda as they train for the full and half 2010 Wisconsin Marathon in Kenosha on May 1st. This program will provide a route for your long run around the Highlander's surrounding area, after-run refreshments, group support and a pasta pot-luck dinner the night before the big race. This program is designed to accommodate all levels of runners. Lace up those shoes and set a goal for yourself! \$30-member/ \$40-non-member, 12 week program

## Women Wanna Tri?

**Alternate Mondays 7:00 p.m.**

**April 12 – June 21**

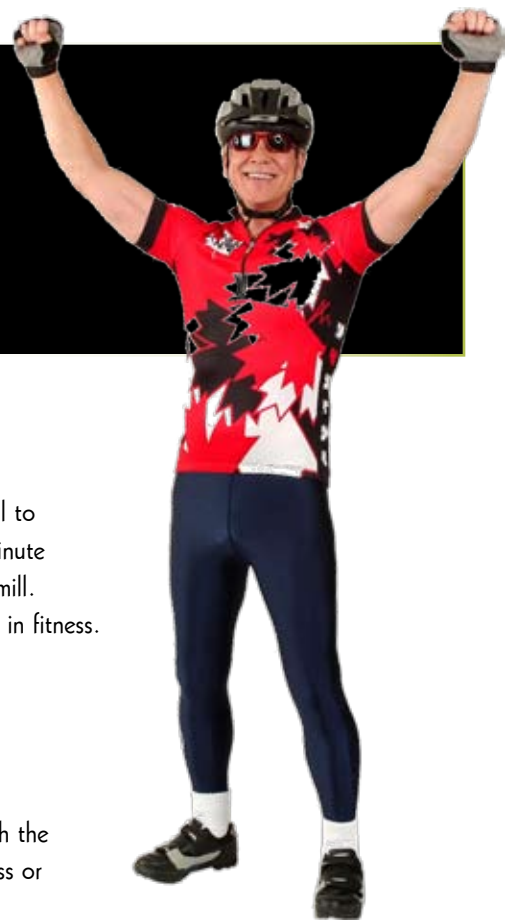
**Alternate Wednesdays 10:00 a.m.**

**April 14 – June 23**

Join Anne Tremel and get ready for your first triathlon. This all girls training group will peak right before The Trek and/or The Pewaukee Triathlons held the second week in July. Program materials include a proven 12 week training program and talks on running, swimming, biking, and transitions. You will participate in a lake swim, an outdoor transition practice and a practice triathlon. Get a group of friends together and join the group.

12 Week Session, \$59 Member, \$79 Non-Member

**Sign up for these TRI programs in Fitness  
OR with the Concierge (262) 754-3467**



## Elite Tri Training

**Tuesday & Thursday 6:30-8:00 p.m.**

**Wednesday & Friday 9:00-10:30 a.m.**

**April 26 – July 9**

Ready, Set, Tri! Get into your peak triathlon form with our new improved tri training programming! Peak just in time for Pewaukee or Trek triathlons with these fun motivating group workouts, now twice a week! Melissa Mueller's workouts, a step up from Wanna Tri, include all four disciplines, swim, bike, run, and transitions! 11 weeks, \$299 Member, \$349 Non-Member

**elite**  
SPORTS CLUBS  
eliteclubs.com