



# Lunch *and Learn* series

## Fitness Classes

The following is a listing of the interactive fitness/wellness classes that are available through the WAC. All classes are taught by degreed and certified Fitness Specialists or specialists in that specific subject.

The WAC speakers will provide all handouts on lecture outlines to attendees. Possible class fees may apply.



**Wisconsin Athletic Club**

For more information about these classes,  
please email us at  
[corporatewellness@thewac.com](mailto:corporatewellness@thewac.com)



## Wisconsin Athletic Club

The following are the 5 most popular “Lunch & Learn” presentations requested:

- 1. Exercise Adherence: How to get off of the Exercise Rollercoaster**
  - Tips on how to stay consistent with your exercise program
  - Top 10 Secrets to Exercise Adherence
- 2. Getting Started: The First Steps to Lifelong Fitness**
  - Answers on where to start
  - Tips on how to be successful from the start
- 3. Fitness Made Easy**
  - Simple answers to the most commonly asked fitness questions
  - How to apply what I learned to my own situation
- 4. Golf Conditioning Workshop**
  - Tips on what you can do off the course to help your golf game
  - Golf specific stretches and exercises
- 5. Five Easy Steps to Lose that Gut!**
  - Simple solutions to trim your waistline
  - The correct and most effective way to perform a “crunch”

Other presentations companies previously requested:

- 6. How to Fit Exercise into Your Busy Schedule / Exercise for the Working Parent**
  - Ideal for those who want to incorporate exercise but just can't find the time
- 7. Stress Management**
  - Realistic tips on how to overcome stress in your daily life
- 8. Mom N' Me**
  - Exercise for new moms – incorporating their children as weight & for fun!
- 9. Exercise Myths Debunked**
  - Direct answers to the most commonly asked fitness questions

- 10. You Are Never Too Old to Exercise / Over 50 & Fit**
  - Exercise tips and precautions for mature adults
- 11. Train While You Travel**  
*(Includes an exercise band and workout!)*
  - How to get a total body workout on the road using just an exercise band
- 12. A Step in the Right Direction**  
*(Includes a pedometer !)*
  - How to utilize a pedometer to encourage lifelong fitness
- 13. Back to Basics**
  - How to take away the aches and pains from your lower back
- 14. Sport Specific Training**  
*(Choose from Volleyball, Basketball, Football, Softball, Golf, etc.)*
  - Breakdown of movements along with exercises to improve your performance
- 15. Achieving the “Unachievable” Goals**
  - How to ensure success with your personal fitness goals
- 16. Making Fitness Fun!**
  - Ideas on how to add ‘spice’ to your workout routine
- 17. How to Lose the First 10 Pounds**
  - Fitness and nutrition tips to aide in losing weight quickly, effectively & safely
- 18. Rev Up Your Metabolism Through:**  
*(choose one) Nutrition/ Weight Training/ Cardiovascular Exercise*
  - How to burn more calories with the aide of one of the above
- 19. Overcoming Barriers to Exercise**
  - How to exercise despite injuries or illnesses that limit your abilities
- 20. Office Ergonomics**
  - How to improve the layout of your workstation and limit your daily aches and pains

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