

# W.O.W.

WAC ON WELLNESS

## 12 DAYS OF FITMAS

On the first day of Christmas, my WAC Trainer challenged me to...

### 12 DAYS OF FITMAS

DAY 1 - ATTEND A MIND/BODY CLASS

DAY 2 - ATTEND ANY EVENT ON THE DECEMBER EVENTS CALENDAR

DAY 3 - ATTEND ANY CYCLE CLASS

DAY 4 - ATTEND ANY STRENGTH CLASS

DAY 5 - ATTEND ANY RINGSIDE OR CARDIO KICKBOXING CLASS

DAY 6 - ATTEND ANY CORE CLASS

DAY 7 - ATTEND ANY WATER CLASS

DAY 8 - ATTEND ANY NUTRITION WORKSHOP

DAY 9 - ATTEND ANY GROOVE CLASS (ZUMBA)

DAY 10 - ATTEND ANY CARDIO CLASS

DAY 11 - ATTEND AT LEAST 11 CLASSES IN THE MONTH OF DECEMBER

DAY 12 - ATTEND A MID-DAY CLASS (BETWEEN 11AM-2PM)



BY STACY ROSEN  
WAC Menomonee Falls  
Programming Team Lead  
srosen@thewac.com

Member Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_



**Wisconsin Athletic Club**  
**FIND YOUR FIT.**

Always consult your physician before starting any exercise program.  
[www.thewac.com/wow](http://www.thewac.com/wow)