

# W.O.W.

WAC ON WELLNESS

## 21 DAY AROUND THE WAC CHALLENGE

**INSTRUCTIONS:** May is National Fitness Month and what better way to celebrate than to take a tour of all our fabulous clubs while getting ready for summer! We challenge you to try a new class, workout at a new Club or sit back and relax and one of our Club Pubs! Adding variety to your workout can help you get results faster and makes your workouts fun! Try and complete the all of the challenges by the end of the month in any order that works best for you. Turn in the entry form below at the W.O.W. Kiosk after you complete the challenge for a chance to win a prize.

- ☐ **Day 1** - Walk or run around the track at WAC Greenfield (outdoor) or WAC Downtown (indoor).
- ☐ **Day 2** - Drop in to an Advanced Training class or attend a workshop at one of our 7 locations. ([www.thewac.com/groupfitness](http://www.thewac.com/groupfitness))
- ☐ **Day 3** - Try a new recipe for dinner tonight. ([www.thewac.com/recipes](http://www.thewac.com/recipes))
- ☐ **Day 4** - Invite a friend, a family member or a colleague to join your workout with you. See Member Services for a complimentary day pass and guest pass guidelines.
- ☐ **Day 5** - Enjoy some social time at a WAC Club Pub at WAC West Allis, WAC Menomonee Falls, or WAC Brookfield.
- ☐ **Day 6** - Complete one of the WOW Workouts. ([www.thewac.com/wow](http://www.thewac.com/wow))
- ☐ **Day 7** - Introduce yourself to a GM at a different Club.
- ☐ **Day 8** - Get your blood pressure checked by a fitness professional. Contact the Programming Manager at any location.
- ☐ **Day 9** - Include a different gym toy (ie. BOSU, TRX, kettlebell) into your workout that you don't typically use. See a Personal Trainer if you have questions or need instructions on how to use a new gym toy.
- ☐ **Day 10** - Make a conscious effort to drink at least 64 ounces of water today. (*Amounts may vary depending on your gender and body weight.*)
- ☐ **Day 11** - Try the Adult Playground at our newest location, WAC Brookfield. Please check room schedule for availability. Some equipment may require the supervision of a WAC fitness professional.
- ☐ **Day 12** - Schedule a consult with a WAC Programming Professional to help you recommit to your health and fitness routine. (Personal Trainer, Massage Therapist, Registered Dietitian or Wellness Coach) Contact programming manager to schedule your appointment today!
- ☐ **Day 13** - Make a splash and try a pool workout or take a Water class. ([www.thewac.com/water](http://www.thewac.com/water))
- ☐ **Day 14** - Get 7-8 hours of sleep tonight.
- ☐ **Day 15** - Play racquetball at WAC West Allis or shoot some hoops at WAC Wauwatosa, WAC North Shore or WAC Menomonee Falls. ([www.thewac.com/courtsports](http://www.thewac.com/courtsports))
- ☐ **Day 16** - Try a different group fitness class format - Cardio, Cycle, Groove, Mind|Body, Strength, Water ([www.thewac.com/complimentary](http://www.thewac.com/complimentary))
- ☐ **Day 17** - Workout at least once during Memorial Day weekend. ([www.thewac.com/holidayhours](http://www.thewac.com/holidayhours))
- ☐ **Day 18** - Learn some new TRX or kettlebell exercises from one of our certified Personal Trainers.
- ☐ **Day 19** - Take a break from media – TV, social media, excessive cell phone use. Spend the extra time doing what you love to do and spend it with the people who matter the most
- ☐ **Day 20** - Invite a friend, a family member or a colleague to join your workout with you. See Member Services for a complimentary day pass and guest pass guidelines.
- ☐ **Day 21** - Workout at a WAC location you haven't been to yet or haven't been to for awhile. ([www.thewac.com/locations](http://www.thewac.com/locations))

*See a Personal Trainer for more detailed instructions or a demonstration.*



**BY JAMIE DEFOUW**

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

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