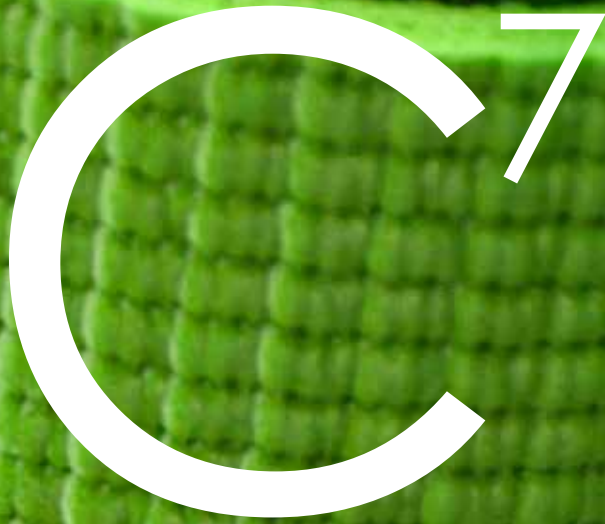


JULY • AUGUST 2019



COMPLIMENTARY CLASSES



ALL CLUBS

FIND YOUR FIT.

JULY • AUGUST 2019

MONDAY	
5:30am-6:25am BODYPUMP®	●
5:30am-6:25am Cycle	▶
6:00am-6:55am Yoga	◆
8:15am-8:45am Core EXPRESS	●
9:00am-10:00am Water Fusion	■
9:00am-9:45am Cycle LITE	▶
9:00am-9:55am Step	●
9:00am-9:55am Yoga LITE	◆
10:00am-10:55am Zumba®	●
11:00am-11:45am Stretch	◆
11:00am-12:00pm Water	■
5:00pm-5:30pm Strength EXPRESS	●
5:00pm-5:55pm Yoga	◆
5:30pm-6:30pm Interval	●
6:00pm-7:00pm Bike Club LITE	*
6:00pm-7:00pm Water	■
6:30pm-7:30pm Zumba®	●

TUESDAY	
5:00am-5:45am Cycle	▶
6:00am-7:00am Water	■
7:45am-8:45am BODYPUMP®	●
8:00am-8:45am Stretch	◆
8:15am-8:45am Treading	≡
9:00am-10:00am Water	■
9:00am-9:55am Cycle	▶
9:00am-9:55am NIA	●
10:00am-10:30am BODYPUMP® EXPRESS	●
10:00am-11:00am Yoga LITE	◆
10:35am-11:00am Strength EXPRESS	●
5:00pm-5:55pm BODYPUMP®	●
5:30pm-6:15pm Pilates	◆
6:00pm-6:45pm Ringside	●
7:00pm-8:00pm BODYPUMP®	●

WEDNESDAY	
5:45am-6:40am BODYPUMP®	●
8:00am-8:45am Pilates LITE	◆
9:00am-9:45am Strength LITE	◆
9:00am-9:55am Zumba®	●
10:00am-10:30am BODYPUMP® EXPRESS	●
10:00am-10:55am Yoga	◆
10:00am-11:00am Water	■
10:35am-11:05am Ringside EXPRESS	●
11:00am-12:00pm Bike Club	*
5:00pm-6:00pm BODYPUMP®	●
5:05pm-5:50pm Stretch	◆
6:00pm-6:45pm Cycle	▶
6:00pm-7:00pm Water Fusion	■
6:05pm-7:00pm Groove	●
7:00pm-7:55pm Yoga	◆

THURSDAY	
5:45am-6:15am Boot Camp EXPRESS	●
6:00am-7:00am Water	■
8:15am-8:45am Treading	≡
9:00am-10:00am Water	■
9:00am-9:55am Cycle	▶
10:10am-11:10am BODYPUMP®	●
4:15pm-4:45pm Boot Camp EXPRESS	●
5:00pm-5:55pm Cycle	▶
5:00pm-6:00pm Yoga	◆
5:15pm-6:15pm BODYPUMP®	●

FRIDAY	
5:30am-6:25am Cycle	▶
6:00am-7:00am Yoga	◆
8:00am-8:45am Step	●
8:00am-8:45am Stretch	◆
9:00am-9:45am Core	◆
9:00am-9:55am Cycle	▶
9:00am-9:55am Zumba®	●
10:00am-10:45am Seated Conditioning	◆
10:00am-11:00am Water	■
11:00am-12:00pm Yoga	◆
12:00pm-1:00pm BODYPUMP®	●

SATURDAY	
7:15am-7:45am Interval EXPRESS	●
8:00am-8:45am Cycle	▶
8:00am-8:55am BODYPUMP®	●
8:30am-8:55am Core EXPRESS	◆
9:00am-9:45am Cycle	▶
9:05am-10:00am Step Fusion	●
9:00am-9:55am Water	■
9:00am-9:55am Yoga	◆
10:00am-10:45am Aqua Zumba®	⊕
10:05am-11:00am Zumba®	●
11:05am-12:00pm Ringside	●

SUNDAY	
8:00am-8:55am Interval	●
9:00am-9:55am Cycle	▶
9:00am-9:55am Yoga	◆
9:00am-9:55pm BODYPUMP®	●
10:00am-10:55am Hip Hop	●
10:00am-11:00am Water	■

WAC GREENFIELD ROOM KEY

- Group Exercise Studio (1) ◆ Mind|Body Studio (2)
- ▶ Cycle Studio ≡ Fitness Floor ■ Pool
- ⊕ Outdoor Pool

GREENFIELD

FIND YOUR FIT.

JULY • AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-5:45am Cycle	5:00am-5:55am Interval	5:00am-5:45am Cycle	5:00am-5:45am Cycle	5:30am-6:00am Core	7:00am-7:45am Cycle	
5:30am-6:25am Strength	5:30am-6:15am Cycle	5:30am-6:25am Boot Camp	5:30am-6:25am Interval	6:00am-6:45am Cycle	7:30am-8:25am Step	
6:00am-6:45am Cycle	6:00am-6:55am Yoga	6:00am-6:30am Treading	6:00am-6:45am Cycle	8:00am-8:55am Zumba®	8:30am-9:25am Cycle	
6:00am-6:45am Pilates	8:00am-8:45am Cycle	6:00am-6:45am Cycle	6:00am-6:55am Yoga	8:10am-8:55am Cardio Circuit	8:30am-9:25am Ringside	
8:00am-8:55am Step Fusion	9:00am-10:00am Pilates	6:30am-7:00am Treading	8:00am-8:55am Yoga	9:00am-9:55am Cycle	8:30am-9:25am Zumba®	
8:30am-9:25am Cycle	9:00am-9:55am Strength	9:00am-9:45am Cycle	9:00am-9:55am Boot Camp	9:00am-9:55am Strength LITE	9:30am-10:25am Strength	
9:00am-9:55am Cardio Circuit	12:00pm-12:45pm Cycle	9:00am-9:55am Cardio Circuit	9:00am-9:55am Cycle	9:00am-9:55am Yoga	10:30am-11:25am Yoga	
9:00am-9:55am Strength LITE	4:30pm-5:25pm Strength	9:00am-9:55am Strength LITE	9:00am-9:55am Pilates	10:00am-10:55am Groove LITE		
10:00am-10:55am Yoga	5:30pm-6:15pm Cycle	9:00am-9:55am Yoga	9:30am-10:25am Strength	10:00am-10:55am Strength		
10:00am-10:55am Yoga LITE	5:30pm-6:25pm Step Fusion	10:00am-10:55am Strength	10:00am-10:55am Yoga	10:00am-10:55am Yoga LITE	8:30am-9:25am Cycle	
10:05am-10:35am Strength EXPRESS	6:00pm-6:55pm Yoga	10:00am-10:55am Yoga	12:00pm-12:45pm Cycle	12:00pm-12:45pm Yoga EXPRESS	8:30am-9:25am Groove	
12:00pm-12:45pm Yoga EXPRESS	7:00pm-7:55pm Pilates	10:00am-10:55am Yoga LITE	4:30pm-5:25pm Strength	5:45pm-6:40pm Yoga	9:30am-10:25am Yoga	
4:30pm-5:25pm Cardio Circuit		12:00pm-12:55pm Zumba®	5:30pm-6:15pm Cycle			
5:00pm-5:45pm Cycle		5:00pm-5:55pm Ringside	5:30pm-6:25pm Zumba®			
5:30pm-6:00pm Core		5:00pm-5:55pm Yoga	6:30pm-7:25pm Strength			
6:00pm-6:45pm Cycle		6:00pm-6:45pm Cycle	6:30pm-7:25pm Zumba®			
6:00pm-6:55pm Ringside		6:00pm-6:55pm Interval				
7:00pm-7:55pm Zumba®		7:00pm-7:55pm Strength				

WAUWATOSA

WAC WAUWATOSA ROOM KEY

△ Small Gym ▲ Large Gym ◆ Studio ≡ Fitness Floor
★ Multi-Purpose Room ▶ Cycle Studio

FIND YOUR FIT.

JULY • AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00am-6:30am Interval ●	5:30am-6:15am Cycle ▶	6:00am-6:45am Cycle ▶	6:00am-6:45am Cycle ▶	6:00am-6:45am Cardio Circuit ●	8:15am-9:15am Yoga ◆	
6:00am-6:45am Cycle ▶	6:00am-6:55am Strength ●	6:00am-6:50am Cardio Circuit ●	6:00am-6:55am Strength ●	6:00am-6:45am Cycle ▶	8:30am-9:15am Interval ●	
6:00am-7:00am Yoga ◆	6:00am-7:00am Yoga ◆	6:15am-6:45am Core EXPRESS ◆	6:00am-7:00am Yoga ◆	6:00am-7:00am Yoga ◆	9:00am-10:00am Yoga *	
6:30am-7:00am Core ●	9:30am-10:15am Strength LITE ●	7:00am-7:45am Strength ●	9:30am-10:15am Strength LITE ●	11:00am-11:45am Pilates ◆	9:00am-9:45am Cycle ▶	
11:00am-12:00pm Yoga ◆	11:00am-11:45am Yoga ◆	11:15am-12:00pm Pilates ◆	11:00am-12:00pm Yoga ◆	11:30am-12:15pm Cardio Circuit ●	9:30am-10:20am Strength ●	
11:30am-12:15pm Cycle ▶	11:30am-12:15pm Cycle ▶	11:30am-12:15pm Cycle ▶	11:30am-12:15pm Cycle ▶	11:30am-12:15pm Cycle ▶	9:30am-10:25am Yoga ◆	
11:30am-12:15pm Interval ●	11:30am-12:25pm Strength ●	11:30am-12:25pm Zumba® ●	11:30am-12:25pm Strength ●	12:00pm-1:00pm Yoga ◆	10:15am-11:15am Zumba® *	
12:15pm-1:00pm Blast ◆	12:00pm-12:45pm Pilates ◆ NEW!	12:15pm-1:00pm Yoga ◆	12:15pm-1:00pm Yoga ◆	12:20pm-1:15pm Zumba® ●	10:30am-11:20am Pilates ◆	
12:30pm-1:00pm Guns ●	12:30pm-1:00pm Core ●	12:30pm-1:00pm Interval ●	12:30pm-1:00pm Core ●	5:30pm-6:30pm Yoga ◆	SUNDAY	
4:30pm-5:25pm Yoga ◆	5:15pm-6:00pm Strength ●	5:00pm-5:25pm Core ◆	5:30pm-6:15pm Cycle ▶		9:00am-10:00am Zumba® ●	
5:00pm-5:30pm Interval ●	5:30pm-6:15pm Cycle ▶	5:00pm-5:30pm Interval ●	5:30pm-6:15pm Strength ●		9:00am-9:45am Cycle ▶	
5:30pm-6:15pm Cycle ▶	6:10pm-7:05pm Cardio Kickboxing ●	5:30pm-6:15pm Cycle ▶	5:30pm-6:30pm Yoga ◆		10:00am-11:00am Yoga ◆	
5:35pm-6:25pm Pilates ◆	6:30pm-7:15pm Cycle ▶ NEW!	5:35pm-6:25pm Pilates ◆	6:25pm-7:00pm Interval ●		4:30pm-5:30pm Yoga ◆	
6:30pm-7:15pm Cycle ▶	6:45pm-7:45pm Yoga ◆	5:40pm-6:20pm Boot Camp ●				
6:30pm-7:30pm Yoga ◆	7:15pm-7:45pm Guns ●	6:30pm-7:30pm Yoga ◆				

DOWNTOWN

WAC DOWNTOWN ROOM KEY

● Studio 1 ◆ Studio 2 ▶ Cycle Studio ≡ Fitness Floor ★ 5th Floor

FIND YOUR FIT.

JULY • AUGUST 2019

MONDAY

5:30am-6:15am Strength ▲
5:45am-6:40am Cycle ▶
8:15am-9:10am Water Power ■
8:30am-9:15am Cycle ▶
8:30am-9:25am Yoga ●
8:30am-9:25am Zumba® ▲
9:30am-10:25am Water ■
9:35am-10:20am Interval ▲
10:20am-10:35am Core ▲
10:45am-11:30am Strength LITE ▲
11:35am-12:20pm Chair Yoga ●
12:30pm-1:25pm Yoga ●
5:00pm-5:55pm Boot Camp ▲
5:00pm-5:55pm Yoga LITE ●
5:45pm-6:40pm Cycle ▶
6:10pm-7:05pm Pilates ●
7:10pm-8:05pm Strength ▲

TUESDAY

5:30am-6:15am Cycle ▶
6:00am-6:55am Pilates ●
7:45am-8:15am Stretch EXPRESS ●
8:30am-9:15am Cycle ▶
8:30am-9:15am Groove ●
8:30am-9:25am Cardio Circuit ▲
9:25am-10:20am Yoga LITE ●
9:40am-10:25am Strength ▲
10:00am-10:55am Joint Effort ■
10:30am-11:25am Pilates ●
12:00pm-12:55pm Interval ▲
5:00pm-5:55pm Pilates ●
5:00pm-5:55pm Zumba® ▲
6:00pm-6:55pm Cycle ▶
6:05pm-7:00pm Strength ▲
6:10pm-7:05pm Yoga ●
6:15pm-7:10pm Water Power ■
7:30pm-8:15pm Cardio Kickboxing ▲

WEDNESDAY

5:30am-6:15am Cycle ▶
5:30am-6:15am Strength ▲
6:00am-6:55am Yoga ●
6:30am-7:00am Interval EXPRESS ▲
8:15am-9:10am Water ■
8:30am-9:15am Cycle ▶
8:30am-9:15am Strength ▲
8:30am-9:25am Yoga ●
9:30am-10:25am Aqua Zumba® ■
9:30am-10:25am Cycle ▶
9:40am-10:35am Zumba® ▲
10:45am-11:30am Strength LITE ▲
11:35am-12:30pm Yoga LITE ●
5:00pm-5:55pm Yoga LITE ●
5:45pm-6:40pm Cycle ▶
6:10pm-7:05pm Yoga ●
6:15pm-7:10pm Aqua Hip Hop ■
7:10pm-7:55pm Strength ▲
7:15pm-8:10pm Pilates ●

THURSDAY

5:30am-6:15am Cycle ▶
6:00am-6:55am Pilates ●
8:30am-9:15am Cycle ▶
8:30am-9:25am Cardio Circuit ▲
8:30am-9:25am Groove ●
9:30am-10:25am Yoga ●
9:40am-10:35am Strength ▲
10:00am-10:55am Joint Effort ■
11:35am-12:20pm Chair Yoga ●
12:00pm-12:55pm Interval ▲
5:10pm-5:55pm Zumba® ▲
6:00pm-6:55pm Cycle ▶
6:15pm-7:10pm Water Power ■
7:15pm-8:10pm Yoga ●

FRIDAY

5:30am-6:15am Strength ▲
5:30am-6:25am Cycle ▶
6:30am-7:15am WOW (WAC on Wellness) ●
8:15am-9:10am Water Power ■
8:30am-9:15am Strength ▲
8:30am-9:25am Yoga ●
9:30am-10:25am Cycle ▶
9:30am-10:25am Water ■
9:40am-10:35am Groove ▲
10:30am-11:25am Yoga ●
10:45am-11:30am Strength LITE ▲
11:35am-12:30pm Yoga LITE ●

SATURDAY

7:00am-7:55am Cycle ▶
8:00am-8:55am Yoga ●
8:05am-8:50am Cycle ▶
8:05am-8:50am Step ▲
8:30am-9:25am Water ■
9:00am-9:55am Cycle ▶
9:00am-9:55am Zumba® ▲
10:00am-10:55am Pilates ●
10:00am-10:55am Strength ▲
11:15am-12:10pm Yoga LITE ●
12:30pm-1:25pm Yoga ●

SUNDAY

8:15am-8:45am Stretch EXPRESS ●
9:00am-9:55am Cycle ▶
9:00am-9:55am Yoga ●
9:00am-9:55am Zumba® ▲
9:30am-10:25am Aqua Zumba® ■
10:00am-10:45am Core ▲
10:00am-10:55am Pilates ●
11:15am-12:10pm Yoga LITE ●

NORTH SHORE

WAC NORTH SHORE ROOM KEY
 ▲ Gym ● Studio ▶ Cycle Studio ■ Exercise Pool

FIND YOUR FIT.

JULY • AUGUST 2019

MONDAY	
5:30am-6:30am BODYPUMP® ●	
5:45am-6:30am Cycle ▶	
8:00am-8:45am Cycle ▶	
8:00am-8:55am Yoga ◆	
9:00am-10:00am BODYPUMP® ●	
9:00am-9:55am Interval ▲	
9:15am-10:00am Pilates ◆	
10:00am-10:55am Strength LITE ▲	
11:00am-11:55am Zumba Gold® ●	
12:15pm-12:45pm BODYPUMP® EXPRESS ●	
5:00pm-5:45pm Cycle ▶	
5:30pm-6:25pm Cardio Circuit ▲	
5:30pm-6:30pm BODYPUMP® ●	
6:00pm-6:45pm Cycle ▶	
6:30pm-7:25pm Zumba® ▲	
6:40pm-7:40pm BODYPUMP® ●	
7:00pm-7:55pm Yoga ◆	

TUESDAY	
5:00am-6:00am BODYPUMP® ●	
5:15am-6:10am Interval ▲	
5:45am-6:30am Cycle ▶	
6:00am-6:55am Yoga ◆	
9:00am-9:45am Cycle ▶	
9:00am-9:55am Pilates ◆	
9:00am-9:55am Yoga LITE ●	
10:00am-10:55am Zumba® ▲	
10:05am-10:35am Core ◆	
10:15am-11:10am Step Fusion ●	
12:00pm-1:00pm BODYPUMP® ●	
4:30pm-5:25pm Zumba® ▲	
4:30pm-5:30pm BODYPUMP® ●	
4:45pm-5:40pm Pilates ◆	
5:30pm-6:15pm Cycle ▶	
6:00pm-7:00pm BODYPUMP® ●	
7:05pm-8:00pm Yoga ◆	

WEDNESDAY	
5:30am-6:30am BODYPUMP® ●	
5:45am-6:30am Cycle ▶	
8:00am-8:55am Yoga ◆	
8:30am-9:00am Boot Camp EXPRESS ▲	
9:00am-10:00am BODYPUMP® ●	
9:00am-9:30am Cycle EXPRESS ▶	
9:30am-10:00am Yoga EXPRESS ▶	
10:15am-11:10am Cardio Kickboxing ●	
10:15am-11:10am Strength LITE ▲	
10:35am-11:20am Stretch ◆	
12:00pm-12:45pm Yoga ●	
1:00pm-1:45pm Chair Yoga ●	
5:00pm-5:55pm Zumba® ▲	
5:15pm-6:00pm Pilates ◆	
5:25pm-6:25pm BODYPUMP® ●	
5:30pm-6:15pm Cycle ▶	
6:15pm-7:10pm Cardio Circuit ▲	
7:00pm-7:55pm Yoga ◆	

THURSDAY	
5:00am-6:00am BODYPUMP ●	
5:15am-6:10am Interval ▲	
5:45am-6:30am Cycle ▶	
6:00am-6:55am Yoga ◆	
8:00am-8:45am Yoga LITE ●	
8:00am-8:55am Strength ▲	
9:00am-9:45am Cycle ▶	
9:00am-9:55am Pilates ◆	
9:00am-9:55am Strength LITE ▲	
10:00am-10:55am Zumba® ▲	
10:05am-11:00am Step Fusion ●	
12:15pm-1:15pm BODYPUMP ●	
5:00pm-6:00pm BODYPUMP ●	
5:30pm-6:15pm Cycle ▶	
5:30pm-6:25pm Step Fusion ▲	
6:10pm-7:10pm BODYPUMP ●	

FRIDAY	
5:00am-5:30am Cycle EXPRESS ▶	
5:30am-6:30am BODYPUMP ●	
6:00am-6:55am Yoga ◆	
8:00am-8:55am Interval ▲	
8:30am-9:15am Cycle ▶	
8:30am-9:25am Yoga ◆	
9:00am-10:00am BODYPUMP ●	
9:00am-9:55am Zumba® ▲	
10:00am-10:55am Pilates ◆	
10:00am-10:55am Strength LITE ▲	
10:15am-11:00am Chair Yoga ●	
11:00am-11:45am Stretch ◆	
4:15pm-5:15pm BODYPUMP ●	
5:30pm-6:25pm Yoga ◆	
5:35pm-6:35pm BODYPUMP ●	

SATURDAY	
7:00am-7:45am Cycle ▶	
7:15am-8:15am BODYPUMP ●	
7:30am-8:25am Yoga LITE ◆	
7:30am-8:25am Interval ▲	
8:00am-8:45am Cycle ▶	
8:30am-9:00am Interval ▲	
8:30am-9:30am Core ●	
8:30am-9:30am BODYPUMP ●	
9:00am-9:45am Cycle ▶	
9:35am-10:30am Yoga ◆	
9:45am-10:45am BODYPUMP ●	
10:10am-11:05am Zumba® ▲	
11:00am-11:55am Yoga ◆	
11:00am-12:00pm BODYPUMP ●	

SUNDAY	
7:00am-7:45am Boot Camp ▲	
7:30am-8:25am Yoga ◆	
8:00am-9:00am BODYPUMP ●	
9:00am-9:45am Cycle ▶	
9:00am-9:55am Zumba® ▲	
9:15am-10:15am BODYPUMP ●	
9:30am-10:25am Cardio Kickboxing ◆	
10:30am-11:25am Yoga ◆	
10:35am-11:35am BODYPUMP ●	

WAC MENOMONEE FALLS ROOM KEY

- ▶ Cycle Studio
- ★ Functional Training Area
- ▲ Gym/Court
- ◆ Mind|Body Studio
- Studio

MENOMONEE FALLS

FIND YOUR FIT.

JULY • AUGUST 2019

MONDAY	
5:30am-6:15am Cycle	▶
8:00am-8:55am Interval	▲
8:30am-8:55am Cardio Circuit LITE	◆
9:00am-9:45am Cycle	▶
9:00am-9:55am Pilates	●
9:00am-9:55am Step	▲
9:00am-9:55am Strength LITE	◆
10:00am-10:55am Strength	◆
10:00am-10:55am Yoga	●
12:00pm-12:25pm Blast EXPRESS	◆
12:30pm-12:55pm Guns EXPRESS	◆
4:30pm-5:25pm Interval	▲
5:30pm-5:55pm Core EXPRESS	▲
5:00pm-5:45pm Cycle	▶
5:30pm-6:25pm Blast EXPRESS	◆
6:00pm-6:55pm Yoga LITE	●
6:00pm-6:55pm Guns EXPRESS	◆
6:05pm-6:50pm Cycle	▶
6:30pm-7:25pm Ringside	⌋
7:00pm-7:55pm Pilates	●

TUESDAY	
5:30am-5:55am Guns EXPRESS	◆
5:45am-6:30am Cycle	▶
6:00am-6:25am Blast EXPRESS	◆
6:30am-6:55am Core EXPRESS	◆
8:00am-8:25am Core EXPRESS	▲
8:00am-8:25am Strength LITE	◆
8:30am-8:55am Strength EXPRESS	▲
8:45am-9:30am Cycle	▶
9:00am-9:55am Step Fusion	▲
9:15am-10:10am Ringside	⌋
9:15am-10:10am Yoga	●
10:00am-10:25am Strength EXPRESS	◆
10:30am-10:55am Core EXPRESS	◆
11:00am-11:25am Guns EXPRESS	◆
12:00pm-12:45pm Cycle	▶
4:30pm-5:15pm Cycle	▶
4:30pm-5:25pm Zumba®	◆
5:00pm-5:55pm Yoga	●
5:30pm-6:15pm Cycle	▶
6:00pm-6:55pm Strength LITE	●
7:00pm-7:55pm Strength	◆

WEDNESDAY	
5:00am-5:45am Cycle	▶
5:45am-6:40am Interval	◆
5:45am-6:40am Yoga	●
7:00am-7:25am Guns EXPRESS	◆
7:30am-7:55am Strength EXPRESS	◆
8:00am-8:25am Core EXPRESS	◆
8:00am-8:55am Yoga	●
8:30am-8:55am Stretch EXPRESS	◆
9:00am-9:25am Blast EXPRESS	▲
9:00am-9:55am Pilates	●
9:00am-9:55am Strength LITE	◆
9:15am-10:10am Ringside	⌋
9:30am-9:55am Guns EXPRESS	▲
10:00am-10:55am Yoga LITE	●
12:00pm-12:25pm Core EXPRESS	◆
4:30pm-5:25pm Pilates	●
5:30pm-5:55pm Core EXPRESS	▲
5:30pm-6:15pm Cycle	▶
6:00pm-6:55pm Yoga LITE	●
6:00pm-6:55pm Zumba®	▲

THURSDAY	
5:30am-5:55am Guns EXPRESS	◆
5:45am-6:30am Cycle	▶
6:00am-6:25am Blast EXPRESS	◆
6:30am-6:55am Core EXPRESS	◆
8:00am-8:25am Strength EXPRESS	▲
8:30am-8:55am Core EXPRESS	▲
9:00am-9:25am Cardio Circuit LITE	●
9:00am-9:55am Zumba®	◆
9:15am-10:10am Cardio Circuit	▲
9:30am-9:55am Stretch LITE	●
10:15am-11:10am Strength	◆
11:00am-11:55am Yoga	●
4:30pm-5:25pm Strength	◆
5:30pm-5:55pm Cardio Circuit EXPRESS	◆
5:30pm-6:15pm Cycle	▶
6:00pm-6:25pm Core EXPRESS	◆
6:30pm-7:25pm Interval	◆

FRIDAY	
5:30am-6:15am Cycle	▶
5:45am-6:40am Interval	◆
5:45am-6:40am Yoga	●
8:00am-8:25am Blast EXPRESS	◆
8:30am-8:55am Guns EXPRESS	◆
9:00am-9:55am Pilates	●
9:00am-9:55am Step	▲
9:00am-9:55am Strength	◆
10:00am-10:55am Yoga LITE	●
12:00pm-12:45pm Cycle	▶
5:30pm-6:30pm Ringside	⌋

SATURDAY	
7:30am-8:15am Cycle	▶
8:00am-8:25am Core EXPRESS	▲
8:00am-8:55am Yoga	●
8:30am-8:55am Strength EXPRESS	◆
8:30am-9:15am Cycle	▶
8:30am-9:25am Interval	▲
9:30am-10:25am Step	▲
10:30am-11:25am Zumba®	▲

SUNDAY	
9:00am-9:45am Cycle	▶
9:00am-9:55am Strength	▲
9:00am-9:55am Yoga	●
10:00am-10:30am Core EXPRESS	◆
12:00pm-12:55pm Yoga	●

WAC BROOKFIELD ROOM KEY

- Studio 1
- ◆ Studio 2
- ▶ Cycle Studio
- ▲ Gym/Court
- ⌋ Adult Playground

BROOKFIELD

CARDIO

Cardio Mix

This class blends a variety of cardio formats (step, kickboxing, dance, Hi/Lo) with sculpting for a dynamic calorie-burning workout. Using a variety of fitness equipment like hand weights, resistance bands and body bars will keep your body guessing and ramp up the burn.

Interval

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

Ringside

Be sure to experience this powerful cardio class involving bags and boxing gloves! Gain bag skills, agility, strength, balance and flexibility through this class. Class size may be limited.

Boot Camp

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

Cardio Circuit

Get plugged into this circuit format class. There's no tricky choreography—just challenging and fun stations featuring cardio, muscle conditioning and balance training exercises.

Cardio Kickboxing

Come prepared to engage and tone your muscles in this high intensity, boxing-inspired workout. Punches, kicks and athletic drills will be incorporated to create a workout sure to shred.

Step

Step is a high energy, low impact, choreographed aerobic class using a low-lying bench. Expect to sweat, challenge your mind and enjoy the social aspect of this class.

Step Fusion

This class takes our popular step workout and combines it with the benefits of muscle conditioning to give you the most out of your cardio workout. Expect to use a variety of sculpting equipment.

Treading

Get inspired in this instructor led group treadmill class using various speeds and inclines. Participants will have their own treadmill to allow for making adjustments based on individual heart rate and fitness level. Pre-registration is required.

GROOVE

Hip Hop

Experience the fun way to burn fat and blast away calories! This class incorporates the latest hip hop dance moves in a high-energy, choreographed class to achieve a full body aerobic workout.

Groove

Get ready to cut loose and have fun in this cardio-dance class. Move to today's top dance and pop hits in a workout that feels like a party. Routines are easy to learn but still challenging to all fitness levels.

Zumba®

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

Zumba® Gold

In this class, the Zumba you love is set at a lower intensity designed to improve balance, strength and flexibility. This is great for beginners and seniors!

CYCLE

Cycle

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere. Pre-registration is required.

Bike Club

Grab your bike, helmet and water bottle and meet up with other WAC members for a bike ride. An instructor will lead you on a medium-intensity ride through local bike trails and paths in the community, weather permitting.

MIND|BODY

Chair Yoga

This gentle form of yoga builds strength as you focus on breathing and poses to empower the mind, body and spirit. A chair will be incorporated into the class.

NIA

Neuromuscular Integrative Action - This aerobic workout will teach you the power and strength of Martial Arts, the fun and expressiveness of dance, and the focus and awareness of the healing arts.

Pilates

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

Stretch

This full body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis.

Yoga

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

LITE - With Lower Intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.

EXPRESS - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

FIND YOUR FIT.

STRENGTH

Blast

In this conditioning class, we focus on the lower body to increase Balance, Leg strength, Abs, Stability and Toning. BLAST away to a stronger you!

BODYPUMP®

BODYPUMP is a barbell training class designed to give you maximum results in the shortest amount of time. Low on complexity with all the benefits of weight training. Increase strength and metabolism with a great total body workout.

Core

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

Guns

Fire up your “guns” in this class! It targets core, chest, back, biceps and triceps. Whether you’re looking to build muscle mass or tone and tighten, this class will give you the upper body you want!

Seated Conditioning

This conditioning class utilizes chairs, resistance bands and other props to deliver fitness while keeping participants moving with ease. The focus is on mobility, flexibility and strength.

Strength

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

WATER

Aqua Hip Hop

Let’s bring the latest hip hop dance moves to the pool! This fat-burning, high-energy class will give you a full-body workout in the water.

Aqua Zumba®

Zumba hits the deck! This low impact choreographed class fuses Latin & International music and moves to create a dynamic and exciting water class.

Joint Effort

This class is designed to help improve muscle strength and flexibility with the aid of the water’s buoyancy. This class is ideal for men and women with arthritis, muscle or joint impairment but is open to all.

Water

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our Lite series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

Water Fusion

Step up your basic water class with Water Fusion. This aquatics class features a cardiovascular and toning workout designed to take you to the next level in water fitness.

Water Power

Water Power is an intense, calorie-burning workout in the pool. This water class will increase your heart rate for a stronger cardio workout, as well as tone and strengthen your entire body!

MULTI-FORMAT

WOW (WAC On Wellness)

We’re excited to bring our WAC on Wellness to the Complimentary Group Fitness schedule! Each week a Trainer will lead you through a new workout or challenge designed by fellow teammates. We hope to provide you with exciting, fresh new workout formats, motivate you with fun challenges and introduce you to various gym toys and fitness equipment.

**ONE CLUB...
SEVEN GREAT LOCATIONS**

WEST ALLIS

1939 S. 108th St.
West Allis, WI 53227
414.321.2500

DOWNTOWN

411 E. Wisconsin Ave. 6th Floor
Milwaukee, WI 53202
414.212.2000

GREENFIELD

5020 S. 110th St.
Greenfield, WI 53228
414.427.6500

NORTH SHORE

7601 N. Port Washington Rd.
Glendale, WI 53217
414.228.2800

WAUWATOSA

8700 W. Watertown Plank Rd.
Wauwatosa, WI 53226
414.443.5000

MENOMONEE FALLS

N91W15700 Falls Pkwy.
Menomonee Falls, WI 53051
262.255.5700

BROOKFIELD

20075 Water Tower Blvd.
Brookfield, WI 53045
262.544.4111

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