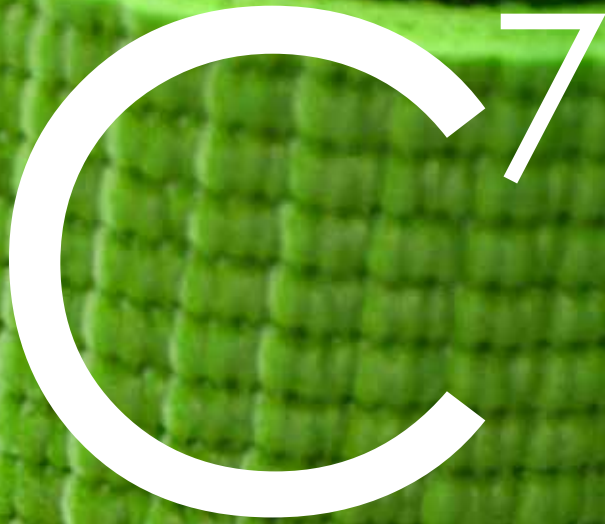


SEPTEMBER • OCTOBER 2019



# COMPLIMENTARY CLASSES



ALL CLUBS

## FIND YOUR FIT.

| MONDAY                             | TUESDAY                              | WEDNESDAY                            |
|------------------------------------|--------------------------------------|--------------------------------------|
| 5:30am-6:15am<br>Boot Camp ●       | 5:30am-6:15am<br>BODYPUMP® EXPRESS ● | 5:30am-6:25am<br>Pilates ●           |
| 8:30am-9:25am<br>Water ■           | 8:30am-9:25am<br>Water ■             | 6:00am-6:30am<br>BODYPUMP® EXPRESS ● |
| 8:30am-9:25am<br>Yoga ◆            | 9:00am-9:55am<br>Zumba® ●            | 6:00am-6:45am<br>Cycle ▶             |
| 9:00am-9:55am<br>Cycle ▶           | 10:00am-10:55am<br>Chair Yoga ◆      | 8:00am-8:55am<br>Cycle ▶             |
| 9:00am-9:55am<br>Zumba® ●          | 10:00am-10:55am<br>Strength ●        | 8:30am-9:25am<br>Water ■             |
| 9:30am-10:25am<br>Pilates ◆        | 11:00am-11:55am<br>Yoga ◆            | 9:00am-9:45am<br>Cardio Mix ●        |
| 10:10am-10:55am<br>Strength LITE ● | 5:30pm-6:15pm<br>Cycle ▶             | 9:00am-9:55am<br>Yoga ◆              |
| 12:00pm-1:00pm<br>BODYPUMP® ●      | 5:35pm-6:30pm<br>Hip Hop ●           | 10:00am-10:45am<br>Strength LITE ●   |
| 4:30pm-5:15pm<br>Strength ●        | 6:30pm-7:30pm<br>Yoga ◆              | 11:00am-11:45am<br>Yoga LITE ◆       |
| 5:30pm-6:25pm<br>Cycle ▶           | 6:35pm-7:30pm<br>Ringside ●          | 4:30pm-5:25pm<br>Zumba® ●            |
| 6:30pm-7:25pm<br>Water Power ■     | 7:35pm-8:30pm<br>Zumba® ●            | 5:00pm-5:55pm<br>Strength ◆          |
| 6:35pm-7:30pm<br>Interval ●        |                                      | 5:30pm-6:25pm<br>BODYPUMP® ●         |
| 6:35pm-7:30pm<br>Yoga ◆            |                                      | 6:00pm-6:30pm<br>Cycle EXPRESS ▶     |
| 7:35pm-8:30pm<br>Zumba® ●          |                                      | 6:30pm-7:25pm<br>Water Power ■       |
|                                    |                                      | 6:40pm-7:10pm<br>Pilates EXPRESS ◆   |
|                                    |                                      | 7:00pm-7:30pm<br>Interval EXPRESS ●  |
|                                    |                                      | 7:15pm-7:45pm<br>Yoga EXPRESS ◆      |

## SEPTEMBER • OCTOBER 2019

| THURSDAY                      | FRIDAY                             | SATURDAY                        |
|-------------------------------|------------------------------------|---------------------------------|
| 5:30am-6:25am<br>Interval ●   | 5:30am-6:15am<br>Cycle ▶           | 7:30am-8:25am<br>Strength ●     |
| 8:00am-8:45am<br>Cycle ▶      | 5:30am-6:25am<br>Yoga ◆            | 8:30am-9:15am<br>Cycle ▶        |
| 8:30am-9:25am<br>Stretch ●    | 8:30am-9:25am<br>Chair Yoga ◆      | 8:30am-9:25am<br>Step ●         |
| 8:30am-9:25am<br>Water ■      | 8:30am-9:25am<br>Water ■           | 8:30am-9:25am<br>Water Fusion ■ |
| 9:30am-10:25am<br>Yoga ◆      | 9:00am-9:55am<br>Cycle ▶           | 9:30am-10:25am<br>Ringside ●    |
| 10:00am-10:45am<br>Strength ● | 9:35am-10:20am<br>Pilates ◆        | 10:00am-10:55am<br>Yoga ◆       |
| 10:45am-11:15am<br>Core ◆     | 10:10am-10:55am<br>Strength LITE ● | 10:30am-11:25am<br>Zumba® ●     |
| 4:30pm-5:25pm<br>BODYPUMP® ●  | 5:30pm-6:25pm<br>Groove ●          |                                 |
| 5:30pm-6:25pm<br>Zumba® ●     |                                    |                                 |
| 6:30pm-7:30pm<br>Yoga ◆       |                                    |                                 |
| 7:35pm-8:05pm<br>Core ◆       |                                    |                                 |

| SUNDAY                        |
|-------------------------------|
| 9:00am-9:55am<br>Interval ●   |
| 10:00am-10:55am<br>Ringside ● |
| 10:00am-10:55am<br>Yoga ◆     |

### WAC WEST ALLIS ROOM KEY

- Studio 1
- ◆ Mind|Body Studio (Studio 2)
- ▶ Cycle Studio (Studio 3)
- Pool
- ★ PT Studio

# WEST ALLIS

## FIND YOUR FIT.

## SEPTEMBER • OCTOBER 2019

| MONDAY           |   |
|------------------|---|
| 5:30am-6:15am    | ● |
| 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 |   |
| 5:30pm-6:30pm    | ● |
| Interval         |   |
| 6:00pm-6:45pm    | ▶ |
| Cycle            |   |
| 6:00pm-6:55pm    | ◆ |
| Yoga             |   |
| 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-10:55am | ● |
| Strength        |   |
| 10:00am-11:00am | ◆ |
| Yoga LITE       |   |
| 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-10:55am | ● |
| Ringside        |   |
| 10:00am-10:55am | ◆ |
| Yoga            |   |
| 10:00am-11:00am | ■ |
| Water           |   |
| 11:00am-12:00pm | * |
| Bike Club       |   |
| 5:00pm-6:00pm   | ● |
| BODYPUMP®       |   |
| 5:05pm-5:45pm   | ◆ |
| Stretch         |   |
| 6:00pm-6:45pm   | ▶ |
| Cycle           |   |
| 6:00pm-6:45pm   | ◆ |
| Pilates         |   |
| 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             |   |
| 9:00am-9:55am     | ● |
| NIA               |   |
| 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            |   |
| 9:00am-9:55am    | ■ |
| Water            |   |
| 9:00am-9:55am    | ◆ |
| Yoga             |   |
| 9:05am-10:00am   | ● |
| Step Fusion      |   |
| 10:00am-10:30am  | ◆ |
| Pilates EXPRESS  |   |
| 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-11:00am | ■ |
| Water           |   |
| 10:05am-11:00am | ● |
| Hip Hop         |   |

### WAC GREENFIELD ROOM KEY

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

# GREENFIELD

## FIND YOUR FIT.

## SEPTEMBER • OCTOBER 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-9:00am Step           | 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    |        |
| 9:05am-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-5:25pm Core           | 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              |                           | 5:30pm-5:55pm Stretch        | 6:30pm-7:25pm Zumba®    |                              |                         |        |
| 6:00pm-6:55pm Ringside           |                           | 6:00pm-6:45pm Cycle          |                         |                              |                         |        |
| 7:00pm-7:55pm Zumba®             |                           | 6:00pm-6:55pm Interval       |                         |                              |                         |        |
|                                  |                           | 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.

## SEPTEMBER • OCTOBER 2019

| MONDAY                     | TUESDAY                           | WEDNESDAY                           | THURSDAY                       | FRIDAY                           | SATURDAY                  | SUNDAY                  |
|----------------------------|-----------------------------------|-------------------------------------|--------------------------------|----------------------------------|---------------------------|-------------------------|
| 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 ◆                | 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-9:55am 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 ▶          | 10:15am-11:15am Zumba® *  |                         |
| 11:30am-12:15pm Interval ● | 11:30am-12:25pm Strength ●        | 11:30am-12:25pm Zumba® ●            | 11:30am-12:25pm Strength ●     | 12:00pm-12:45pm Blast ◆          | 10:30am-11:20am Pilates ◆ |                         |
| 12:15pm-1:00pm Blast ◆     | 12:00pm-12:45pm Pilates ◆         | 12:15pm-1:00pm Yoga ◆               | 12:15pm-1:00pm Yoga ◆          | 12:20pm-1:15pm Zumba® ●          |                           |                         |
| 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 ◆             |                           |                         |
| 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 ▶             | 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-7:15pm Cycle ▶          |                                  |                           |                         |
| 6:30pm-7:30pm Yoga ◆       |                                   | 6:30pm-7:15pm Cycle <b>(NEW!)</b> ▶ |                                |                                  |                           |                         |
|                            |                                   | 6:30pm-7:30pm Yoga ◆                |                                |                                  |                           |                         |

# DOWNTOWN

### WAC DOWNTOWN ROOM KEY

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

## FIND YOUR FIT.

## SEPTEMBER • OCTOBER 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-10:30am BODYPUMP® ▲      |  |
| 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 ●         |  |
| 6:15pm-7:10pm Water ■           |  |
| 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 Zumba® ▲          |  |
| 6:05pm-7:00pm Strength ▲        |  |
| 6:10pm-7:05pm Yoga ●            |  |
| 6:15pm-7:10pm Water Power ■     |  |
| 6:00pm-6:55pm Cycle ▶           |  |

| 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 BODYPUMP® ▲        |  |
| 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 ▶          |  |
| 5:45am-6:40am BODYPUMP® ▲      |  |
| 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 ●     |  |
| <b>SUNDAY</b>                   |  |
| 8:15am-8:45am Stretch EXPRESS ● |  |
| 9:00am-9:45am Cycle ▶           |  |
| 9:00am-9:55am Yoga ●            |  |
| 9:00am-9:55am Zumba® ▲          |  |
| 9:30am-10:25am Aqua Zumba® ■    |  |
| 10:00am-10:55am BODYPUMP® ▲     |  |
| 10:00am-10:55am Pilates ●       |  |
| 11:15am-12:10pm Yoga LITE ●     |  |
| 5:00pm-5:55pm Yoga LITE ●       |  |

# NORTH SHORE

### WAC NORTH SHORE ROOM KEY

▲ Gym ● Studio ▶ Cycle Studio ■ Exercise Pool

## FIND YOUR FIT.

## SEPTEMBER • OCTOBER 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     |   |
| 10:15am-11:10am   | ● |
| Cardio Kickboxing |   |
| 11:15am-12:00pm   | ● |
| Stretch           |   |
| 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     |   |
| 12:15pm-1:15pm  | ● |
| 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     |   |
| 9:05am-10:00am    | ▲ |
| Zumba Gold®       |   |
| 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          |   |
|-----------------|---|
| 5:30am-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   | ▲ |
| Interval        |   |
| 7:30am-8:25am   | ◆ |
| Yoga            |   |
| 8:00am-8:45am   | ▶ |
| Cycle           |   |
| 8:30am-9:00am   | ▲ |
| 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.

| 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            | ▲ |
| 5:00pm-5:45pm Cycle               | ▶ |
| 5:30pm-5:55pm Core EXPRESS        | ▲ |
| 6:00pm-6:55pm Strength            | ◆ |
| 6:00pm-6:55pm Yoga LITE           | ● |
| 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-10:00am Cycle           | ▶ |
| 9:15am-10:10am Ringside        | Ⓒ |
| 9:30am-9:55am Guns EXPRESS     | ▲ |
| 10:00am-10:55am Yoga LITE      | ● |
| 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-6:15pm Cycle               | ▶ |
| 6:00pm-6:25pm Core EXPRESS        | ◆ |
| 6:00pm-6:55pm Yoga                | ● |
| 6:30pm-7:25pm Interval            | ◆ |

## SEPTEMBER • OCTOBER 2019

| FRIDAY                    |   |
|---------------------------|---|
| 5:30am-6:15am Cycle       | ▶ |
| 5:45am-6:40am Interval    | ◆ |
| 5:45am-6:40am Yoga        | ● |
| 8:00am-8:45am Strength    | ▲ |
| 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

### NOTES

Please bring your own gloves to Ringside class. Gloves are NOT provided.

Sign-up is required for all Ringside and cycle classes. Please sign up at front desk. Class size is limited.

# BROOKFIELD



**CARDIO**

**FIND YOUR FIT.**

**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

SEPTEMBER • OCTOBER 2019



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