



ADVANCED TRAINING JANUARY & FEBRUARY

Barre Burner

Mind|Body Studio | 7 week
Thursdays • 6:00-6:55pm with Laura N

Barre Sculpt

Mind|Body Studio | 7 week
Thursdays • 12:00-12:55pm with Jules P

Glide Fit

Lap Pool | 7 week
Thursdays • 5:45-6:30am with Mike K

Power

Gym | 4 week | Session 1 & 2
Tuesdays • 5:30-6:30pm with Chris K
Thursdays • 5:30-6:30pm with Chris K

Power Yoga

Mind|Body Studio | 7 week
Tuesdays • 5:30-6:25am with Susan P
Saturdays • 8:30-9:25am with Tami F

Tabata in the Pool

Exercise Pool | 7 week
Wednesdays • 5:10-5:55pm with Cindy V
Thursdays • 9:00-9:45am with Cindy V

Total Core

Mind|Body Studio | 7 week
Mondays • 5:45-6:40pm with Renny M

Tread & Train

Fitness Floor | 7 week
Tuesdays • 6:30-7:25am with Sam R

Women on Weights

Gym | 7 week
Tuesdays • 8-8:55am with Lauree W
Wednesdays • 5:30-6:25am with Jennifer M
Thursdays • 9-9:55am with Lauree W (Studio)

Water Boot Camp

Exercise Pool | 7 week
Mondays • 9:15-10:00am with Dalilah S

Register for Advanced Training in the Lobby with your Instructor

7 Week

Classes meet once a week for a 7-week session
7-Week Fee: \$70 member | \$105 non-member
Drop-In Fee: \$15 member | \$20 non-member

4 Week

Classes meet once a week for a 4-week session
4-Week Hour Fee: \$90 member | \$110 non-member
Hour Drop-In Fee: \$25 member | \$30 non-member

MENOMONEE FALLS



ADVANCED TRAINING Registration Information

Do you have questions or want to register for Advanced Training? Talk to our Instructors listed below via email or catch them in the lobby at these times.

Barre Burner

Contact Laura directly at lnewman@thewac.com

Barre Sculpt

Contact Jules at jphilippi@thewac.com

Glide Fit

Mike will be in the lobby Thursday, January 7 • 6:45am

Power

Contact Chris directly at ckloss@thewac.com

Power Yoga

Contact Susan at spokorny@thewac.com or Tami at tfuiten@thewac.com

Tabata in the Pool

Register with Cindy in the lobby on December 19 • 10-11am

Total Core

Renny will be in the lobby Monday, January 4 • 6:45pm

Tread & Train

Contact Sam at srobinson@thewac.com

Women on Weights

Contact Jennifer at jmiller@thewac.com or Laurie at lwright@thewac.com

Water Boot Camp

Register with Dalilah in the lobby on December 21 • 10-11am

MENOMONEE FALLS