



REGISTRATION FOR ADVANCED TRAINING

Sign up by emailing Jenna at jselestow@thewac.com, the instructor directly, or visit the Front Desk.

ADVANCED TRAINING

JANUARY - FEBRUARY



7	Adult Learn to Swim Lap Pool Tuesdays • 5:00-6:00pm with Michael
7	Ballroom Dance <i>Waltz & Rumba</i> Studio Tuesdays • 7:15-8:10pm with Mike
7	Barre Sculpt Mind Body Studio Wednesdays • 9:30-10:30am with Irish Thursdays • 6:00-6:55pm with Irish Saturdays • 9:35-10:30am with Irish
7	Fit Kids <i>Ages 4-8</i> Studio Saturdays • 10:05-10:55am with Susan
7	Glide Fit Lap Pool Thursdays • 5:45-6:40am with Mike
7	Junior Bootcamp <i>Ages 9-15</i> Functional Training Space Thursdays • 5:00-6:00pm with Jenna
4	Power Gym Session 1 & 2 Tuesdays • 5:30-6:30pm with Chris Thursdays • 5:30-6:30pm with Chris
7	Power Yoga Mind Body Studio Saturdays • 8:30-9:25am with Tami

7	Restorative Yoga Mind Body Studio Thursdays • 10:15-11:10am with Susan
7	Tabata in the Pool Exercise Pool Wednesdays • 5:10-5:55pm with Cindy Thursdays • 9:00-9:45am with Cindy
4	Triple Threat Mind Body Studio Mondays • 5:45-6:40pm with Renny
4	TRX Fitness Floor Tuesdays • 9:00-9:30am with Connie
7	Women on Weights Gym Court Tuesdays • 8-8:55am with Lauree Wednesdays • 5:30-6:25am with Jennifer Thursdays • 9-9:55am with Lauree
7	Water Boot Camp Exercise Pool Mondays • 9:15-10:00am with Dalilah
7	Zumba Toning Studio Mondays • 6:10-6:55pm with Dalilah

See the registration flyer for sign up information.

7	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
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4	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 4-Week Half-Hour Fee: \$45 member \$65 non-member Half-Hour Drop-In Fee: \$15 member \$20 non-member
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Adult Learn to Swim *jselestow@thewac.com*
Have you ever wanted to learn how to swim or better your technique? This class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regime

Ballroom Dance *mkohnle@thewac.com*
Experience the fun and enjoyment of ballroom dancing! This class is designed for people with little or no dance experience. We will concentrate on basic steps of the Swing and Salsa that will make you a standout on the dance floor.

Barre Sculpt *inagel@thewac.com*
Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.

Fit Kids *spokorny@thewac.com*
Join us for a high-energy class where kids will try a variety of workout formats and cardio circuits. This progressive class will help kids develop and increase their athletic ability.

Glide Fit *mkohnle@thewac.com*
We've combined the power of plyometric training and strength training to create this fun yet challenging class. Explore new functional methods of building strength, stamina and mobility using a floating fitness mat. This class is the perfect training complement for athletes and exercise enthusiasts. Let's see what you're made of on the water.

Junior Bootcamp *jselestow@thewac.com*
This class encourages kids to make health and fitness a way of life. Participants benefit from a large group dynamic that motivates them to participate in a variety of activities such as running, interval training and bodyweight exercises. By working in pairs or small groups, children will have the opportunity to socialize and make friends while working at their own pace.

Power *ckloss@thewac.com*
Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed.

Power Yoga *tfuiten@thewac.com*
Taught with an athletic approach, Power Yoga follows the flow of breathing through a sequence of interweaving asanas. Sequences emphasize balance and core strengthening exercises.

Restorative Yoga *spokorny@thewac.com*
Could you use more calm in your daily routines? Would you like to learn to let go of tension in your body and completely find rest? Restorative Yoga is a practice that incorporates the use of props and the natural pull of gravity to support the body and increase mobility of joints and ligaments. Restorative yoga is a gentle practice that gives you the space and time to explore yoga poses to see where you are holding tension in your body and gently work into the deeper tissues and fascia. Most restorative poses are done seated on the floor with the use of bolsters, blankets, straps and blocks and is designed to bring on recovery and restoration of your mind and body.

Tabata in the Pool *jselestow@thewac.com*
Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

Triple Threat *rmayer@thewac.com*
This course is designed to help you to tone, pump and tighten your body. We will target muscle groups with a variety of exercises designed to get results. Boost your body image and confidence level as you head to the office or for a night out on the town!

TRX *jselestow@thewac.com*
Change the way you train! TRX (total resistance exercise) training will challenge your body like never before to improve strength, balance, flexibility and core stability. This revolutionary group personal training class uses leveraged bodyweight exercises on the TRX straps to transform your body.

Women on Weights
jmiller@thewac.com | lwright@thewac.com
Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

Water Boot Camp *jselestow@thewac.com*
This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.

Zumba Toning *jselestow@thewac.com*
Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. Students learn how to use lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.

Registration Information
December 13 - Member registration begins.
December 14 - Non-members registration begins.
December 15 - Over the phone and staff sign up begins.