

ADVANCED TRAINING

JANUARY -
FEBRUARY



7

Tri-Fit*

Thursdays • 6:30-8:30pm

Whether you are aspiring to become a triathlete or just want to take your fitness up a level, Tri-Fit training can help get you there. This course will teach you how to become a stronger swimmer, more efficient biker and better runner by improving your time, stroke and endurance.

7

Women on Weights

Multipurpose Room
Tuesdays • 6-6:55am with Rudi

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!

Workshops

Restorative Yoga

Mind|Body Studio
with DawnKristi
Thursday, January 13 • 5:30-6:30pm
Thursday, February 17 • 5:30-6:30pm

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 straps and blocks and is designed to bring on recovery and restoration of your mind and body.

Yoga for Lower Back Pain

Mind|Body Studio
with Monica
Tuesday, January • 11am-12pm
Thursday, January 20 • 6pm-7pm

Is lower back pain preventing you from living your best life? Yoga is a mind-body practice that can help relieve tension and discomfort by strengthening muscles that support the spine, stretching muscles that are tense, and encouraging healthy posture. Yoga also uses guided relaxation to reduce physical and mental tension that often accompany back pain, and mindfulness that builds awareness so you can bring yourself back into balance and alignment. Come explore these techniques to see what might be helpful to you.

Candlelit Poolside Yoga

Lap Pool Deck
with Kathy
Tuesday, February 15 • 7-8pm

Enjoy this Yoga class designed to help you unwind and de-stress. The practice will include gentle flow and will close with a generous relaxation. Some Yoga experience is suggested, but not required. Followed by wine, chocolate and socializing.

Register for Advanced Training at the Front Desk.

7

Classes meet once a week for a 7-week session
Fee: \$70 member | \$105 non-member
Drop-In Fee: \$15 member | \$20 non-member
*This two-hour class has special pricing, please contact Chris at cgartzke@thewac.com for more information or to sign up.

Registration Information
December 13 | Member registration begins.
December 14 | Non-member registration begins.

Workshop Fee:
\$20 member | \$25 non-member

