



ADVANCED TRAINING MAY & JUNE

7

Backyard Boot Camp

Outside

Monday • 5:30-6:25am with Cole

Wednesday • 6-6:55pm with Cole

Summertime in Wisconsin is second to none—filled with baseball games, festivals and fairs. With these summer traditions, healthy eating habits and regular exercise routines are often thrown to the wayside. Backyard Boot Camp will help keep you on track with all those pounds you worked hard to shed during the long winter months while enjoying the summer sun. This progressive outdoor class focuses on functional training. It incorporates bodyweight exercises, sledgehammers, tires, battle ropes and much more to give you the best possible workout.

7

Women on Weights

Multipurpose Room / Outside

Tuesday • 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! Come join us. All levels welcome.

7

Yoga for Osteoporosis

Small Gym

Tuesday • 11:30am-12:25pm with Monica

In Yoga for Osteoporosis/Osteopenia, you will learn how to safely perform a series of 12 yoga poses that research suggests may increase bone density and prevent fractures. Prior Yoga experience is not necessary and modifications of poses will be provided when needed.

7

Warm Yoga

Mind|Body Studio

Wednesday • 10-10:55am with Jamie

Turn up the heat in this yoga class. The warm temperature helps detoxify the body and increase blood flow, making muscles more pliable. Yoga poses are held longer to improve balance and strength. Warm Yoga will enhance your range of motion, making daily activities easier on your body.

7

Tri-Fit

Thursdays • 6:30-8:20pm

with Sean, Tiffany and Stephanie

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. This two-hour class has special pricing, please contact the programming team at your club for more information.

WORKSHOPS

TRX

Outside

May 18 • 6:30-7:25pm with Lynette

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 body weight exercises on the TRX straps to transform every skill level and age.

Restore Your Core

Mind|Body Studio

May 7 • 5-5:55pm with Sarah

In this workshop, we will teach you the basics of safe and effective core training through a variety of exercises that will keep your mid-section fit and strong!

Chakra Yoga

Mind|Body Studio

June 12 • 12-12:55pm with Sarah

Join us for this workshop and learn about the seven chakras, or energy centers, believed to be located at specific points along the midline of the body. Participants will learn the characteristics of each chakra and how Yoga influences the chakras. Finally, all will enjoy a Yoga practice designed to open balance and chakras.

Register for Advanced Training and Workshops at the Front Desk.

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

Workshop Fee:

\$20 member | \$25 non-member

Wauwatosa

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