

ADVANCED TRAINING

NOVEMBER 1 -
DECEMBER 18



REGISTRATION FOR ADVANCED TRAINING

Email Instructor to sign up or for more details.

Adult Learn to Swim *jselestow@thewac.com*

This course is designed to help you 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!

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 *jselestow@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.

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

Classes begins November 1 – December 18

Registration Information

October 18 - Member registration begins.

October 19 - Non-members registration begins.

October 20 - Over the phone and staff sign up begins.

Adult Learn to Swim

Lap Pool
Tuesdays • 5:00-6:00pm with Michael

Ballroom Dance *Swing and Salsa*

Studio
Tuesdays • 7:15-8:10pm with Mike

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

Fit Kids *Ages 4-8*

Studio
Saturdays • 10:05-10:55am with Susan

Glide Fit

Lap Pool
Thursdays • 5:45-6:40am with Mike

Junior Bootcamp *Ages 9-15*

Functional Training Space
Thursdays • 5:00-6:00pm with Jenna

Power *Gym | Session 1 & 2*

Tuesdays • 5:30-6:30pm with Chris
Thursdays • 5:30-6:30pm with Chris

Power Yoga

Mind|Body Studio
Saturdays • 8:30-9:25am with Tami

Restorative Yoga

Mind|Body Studio
Thursdays • 10:15-11:10am with Susan

Tabata in the Pool

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

TRX

Fitness Floor
Tuesdays • 9:00-9:30am with Connie

Women on Weights *Gym|Court*

Tuesdays • 8-8:55am with Laaree
Wednesdays • 5:30-6:25am with Jennifer
Thursdays • 9-9:55am with Laaree (in Studio)

Water Boot Camp

Exercise Pool
Mondays • 9:15-10:00am with Dalilah

See the registration flyer for sign up information.

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

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