

ADVANCED TRAINING

NOVEMBER
DECEMBER



7	Adult Ballet <i>Mind Body Studio</i> Fridays • 5-6pm with Anastasia	This class is for those 18 years and older, starting fresh, starting over, or looking to maintain in ballet. This is a great way to get in shape and stay in shape while learning the fundamentals of classical ballet.
7	Adult Learn to Swim <i>Pool</i> Thursdays • 6:30-7:30pm with Kelly	Have you ever wanted to learn to swim? This class introduces the student to the basics of swimming in a welcoming, non-competitive environment. The class works on overcoming fear of water and includes basic skills such as floating, gliding, kicking, treading water and the basics of the freestyle stroke.
7	Cardio Combat <i>Group Exercise Studio</i> Wednesdays • 7-8pm with Rawan	This high-intensity training class is for all fitness levels. The combination of agility, sports conditioning, boxing and kick boxing with adrenaline-pumping music will increase your fat-burning potential, increase strength, improve posture and coordination and reduce stress.
7	Core Pilates <i>Mind Body Studio</i> Mondays • 3:30-4:30pm with Tammy	Learn to use your own body weight and small apparatuses for resistance to work the muscles deeper. This full-body, intense workout will light your inner furnace and rev your metabolism.
7	Cycle Fit <i>Cycle Studio</i> Tuesdays • 5:30-6:30am with Annabelle	This intense class will kick your cardio into high gear using cycle bikes at different levels of speed and resistance. Combined with resistance exercises off the bike, this class provides the perfect balance of cardio and strength.
7	Fit & Fall Proof <i>Group Exercise Studio</i> Thursdays • 10-11am with Jarett	Have you fallen in the past or do you have a fear of falling? Join us in a progressive class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.
7	Fit Swim <i>Pool</i> Tuesdays • 6:00-7:00pm with Cailey	Do you swim countless boring laps? Join Fit Swim for a formatted lap swimming work out lead by a trained coach. Help improve your endurance, increase your power and speed and learn stroke development.
7	HIIT Like a Girl <i>PT Studio</i> Wednesdays • 6:00-6:45pm with Annabelle	Experience this dynamic, high intensity interval training circuit with a team of powerful women. With all its many benefits, HIIT is popular with everyone – especially women! Women's bodies react differently to HIIT, and their bodies should be trained to maximize efficiency. We'll discuss the research and science of HIIT, how women differ from men in this training program and how to HIIT like a Girl!
7	Kids' Yoga <i>Mind Body Studio</i> Thursdays • 5-5:55pm with Jim	This class will safely introduce your child to Yoga in a fun and challenging way. We'll bark in downward dog, hiss in cobra pose and flutter our wings in butterfly while we take a Yoga journey that your child will never forget!
7	Maximum Muscle <i>PT Studio</i> Saturdays • 9-10am with Jason	Maximum muscle is designed to teach you proper power lifting form and technique while incorporating circuit training. Challenge your muscles to the max and blast away calories by rapidly progressing through trainer-designed stations.
7	Pound <i>Group Exercise Studio</i> Thursdays • 7:30-8:30pm with Rowan	Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in the exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.
4	TRX <i>PT Studio</i> Thursdays • 5:30-6am with Tammy	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.
7	Women on Weights <i>PT Studio</i> Tuesdays • 5:30-6:30pm with Jason	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

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

4 Classes meet once a week for a 4-week session
Half-Hour Fee: \$45 member | \$65 non-member



West Allis

1939 S. 108th St.

414.321.2500

www.thewac.com