

FIND YOUR FIT.

MONDAY

7	5:30am-6:25am	≡
	Treading Fit • Tyler D	
7	5:30pm-6:25pm	☾
	Metabolic Boot Camp • Kathy D	
7	6:30pm-7:25pm	■
	Adult Learn to Swim • Erin S	
7	6:30pm-7:25pm	★
	Triple Threat • Chris W	

TUESDAY

7	6:00am-6:55am	☾
	Row Fit • Christine H	
7	1:00pm-1:55pm	☾
	Boxing for Parkinson's • Kathy D	
7	5:30pm-6:25pm	☐
	Get Real • Kim F	
7	5:30pm-6:25pm	☾
	Tabata • Kathy D	
7	6:00pm-6:55pm	◆
	Barre Burner • Nadin B	
7	7:00pm-7:55pm	☾
	Lift • Rob H	

WEDNESDAY

4	5:15am-5:45am	☾
	Shred feat. TRX • Emily W	
7	12:00pm-12:55pm	☾
	Fit Club • Jordan R	
7	5:30pm-6:25pm	☾
	Golf Conditioning • Jordan R	
7	6:00pm-6:55pm	☐
	Back to Basics Nutrition • JJ L/Tyler D	
7	6:30pm-7:25pm	■
	Adult Learn to Swim • Erin S	
7	6:30pm-7:25pm	☾
	Metabolic Boot Camp • Karah P	

THURSDAY

7	1:00pm-1:55pm	☾
	Boxing for Parkinson's • Kathy D	
7	5:30pm-6:25pm	☾
	Lift • Rob H	
7	6:00pm-6:55pm	♀
	Women on Weights • Margeaux C	
7	6:30pm-7:25pm	☾
	Functional Training • Christine H	

FRIDAY

7	9:15am-10:10am	☾
	Triple Threat • Chris W	

Schedule subject to change. For live schedule updates check schedule.thewac.com

SATURDAY

7	8:00am-8:55am	♀
	Women on Weights • Margeaux C	
7	8:30am-9:25am	☾
	Triple Threat • Chris W	
7	9:30am-10:25am	☾
	Metabolic Boot Camp • Karah P	
7	9:30am-10:30am	●
	Vinyasa Flow Yoga • Nadin B	

SUNDAY

7	10:00am-10:55am	☾
	Metabolic Boot Camp • Ethan M	

4week

Classes meet once a week for a 4-week session
4-Week Fee: \$40 member | \$60 non-member

Session 1 (S1): November 4 - December 1

Session 2 (S2): December 2 - December 27

Shred

Be ready to sweat and beat boredom in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using a combination of gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits (or a variety of disciplines).

WAC BROOKFIELD ROOM KEY

- ☾ Adult Playground
- ▶ Cycle Studio
- Exercise Pool
- ≡ Fitness Floor
- ▲ Gym
- Lap Pool
- ☐ Outdoor Pool
- ★ Personal Training Studio
- Studio 1
- ◆ Studio 2
- ☐ Studio 3
- ♀ Women's Only Studio

7week

Classes meet once a week for a 7-week session
7-Week Fee: \$60 member | \$95 non-member

Adult Learn to Swim

Have you ever wanted to learn how to swim or improve 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 regimen.

Barre Burner

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

Back to Basics Nutrition

Let's get back to basics! This one-hour class will help remove the confusion about healthy, balanced eating. Learn how to make better choices for health, weight control and mood.

Fit Club

If you are looking for a high-energy workout that will push you to your limits and lead you in the direction of prime physical health, then you need to try Fit Club. Avoid plateaus and reach your maximum potential with a variety of different workout formats and challenging cardio circuits. This class is for anyone, whether you are an advanced or a novice exerciser. Come join us for this professionally-devised workout and challenge yourself to something new!

Functional Training with Hybrid Exercises

Hybrid exercises are a form of functional training that makes your "usual" exercises harder and more effective. Prepare to elevate your workout to new levels in this highly metabolic class as you perform powerful movement combinations and sequencing that challenges your strength, power, core, balance and cardiovascular prowess. Watch as you gain better results in a shorter period of time, reduce exercise-induced injury, improve sports performance and make everyday activities easier.

Fundamentals in Boxing for Parkinson's

Learn the fundamentals of non-combat boxing including stance, jabs, calisthenics and use of a punching bag. This "pilot" class is open to people with early stage PD. No skills needed other than good balance and mobility. Medical clearance is requested. "Fight PD Boxing" is sponsored by the American Parkinson Disease Association-Wisconsin Chapter. Visit www.wichapterapda.org to become a member.

Get Real

Discover how losing the emotional weight connected with food and dieting can lead to a truer, saner eating style. With a more mindful focus on you and your unique needs, your individual eating style becomes clear. Expect better all-around health and (quite possibly) some weight off your belly, hips and thighs in the process!

REG Member registration begins **Monday, December 17**
Non-Member registration begins **Tuesday, December 18**
Classes begin the week of **Sunday, January 6**

Continued on back.

7weekcontinued

Classes meet once a week for a 7-week session
7-Week Fee: \$60 member | \$95 non-member

Golf Conditioning

This class will focus on the strength and conditioning needed to help perfect your golf game. You will perform exercises to develop core strength, joint range of motion, balance and more!

Lift

No burpees! No mountain climbers! No jumping jacks! No cardio, period! Each class will focus on weight training to help you lose weight, shed inches, gain muscle and improve strength. With the guidance of one of our certified Personal Trainers, you'll be ready to take on the challenge and change your body.

Metabolic Boot Camp

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

Row Fit

This intense class will kick your cardio into high gear by utilizing the rower to work with different levels of speed and resistance. Combined with resistance exercises off the rower, this class provides the perfect balance of cardio and strength.

Tabata

Tabata is one of the most effective types of high-intensity interval training to burn calories and develop muscle definition. Class consists of a warm-up leading to timed sets of bodyweight exercises like sprints, push-ups and squat jumps performed in 20-second intervals of all-out intensity, followed by 10-second recovery periods, and concluding with a well-deserved cool-down. Expect to be progressively challenged as you push to the next level of intensity.

Treading Fit

Whether you walk or run, there is no time like the present to shake up your routine with a change to your current workouts. Join us for a combination of interval, incline and tempo workouts that will strengthen your endurance and increase your stamina and personal skill set. Adding variety into your routine can aid in succeeding with your personal best.

Triple Threat

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!

Vinyasa Flow Yoga

This flowing Yoga style can be adapted to each student's individual needs. Attention is focused on breathing techniques and developing advanced skills through weekly progressions and modifications. Props may be incorporated.

Women on Weights

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.



ADVANCED TRAINING



WWW.THEWAC.COM

20075 WATER TOWER BLVD • 262.544.4111



BROOKFIELD