

workshops

Basketball Camp Workshop: Ball Handling

Monday, March 2 • 7:15pm

Instructor: Trae P

Are you looking to develop or improve your basketball fundamentals? Whether you're new to the sport and want to learn the basics or are a more experienced player looking to advance your positional skills and confidence, we have a workshop for you. Expect to learn finishing moves to help score more points, develop coordinated movements to better control the ball and practice footwork drills that train you to quickly change directions and blow by your opponent. Finish strong by putting all we have learned into game situation drills.

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

Basketball Camp Workshop: Shooting

Monday, April 13 • 7:15pm

Instructor: Trae P

Are you looking to develop your basketball fundamentals? Whether you are new to the sport and want to learn the basics or are a more experienced player looking to advance your positional skills and confidence, we have the workshop for you! Expect to learn the basics of shooting and drills to help become a more consistent shooter.

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

BODYPUMP 101 Workshop

Sunday, March 8 • 7:45am

Sunday, March 29 • 7:45am

Instructor: Megan R

This complimentary workshop will introduce you to one of our most popular strength classes, BODYPUMP. First, you will learn how to set up the equipment and properly change out weight on the bars. Next, the Instructor will discuss most common lifts used and show proper form, while giving you time to practice. Last, you will experience how all the exercises are put together by going through a full track of choreographed movements.

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

Roll & Release Workshop

Friday, April 3 • 6:00pm

Instructor: Nadin B

Foam rolling is an effective way to provide relief to your body's "trigger points" and increase flexibility through massage techniques you can learn and utilize yourself. This workshop offers in-depth instruction on proper foam rolling techniques that will help you achieve maximum benefits.

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

Spring Detox Yoga Workshop

Friday, March 20 • 6:00pm

Instructor: Nadin B

Spring is a time of rebirth and starting new. This is the perfect time to flush out toxins that accumulated over the winter and rejuvenate the body and mind. Join us for this workshop that will utilize compressions, twists and inversions to best detoxify the body and increase blood flow. Leave feeling restored, cleansed and ready for spring's new beginnings

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



ADVANCED TRAINING



BROOKFIELD



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FIND YOUR FIT.

MONDAY

7 9:15am-10:10am ☾
Fit Club • Karah P

TUESDAY

7 5:45am-6:40am ☾
Row Fit • Tyler D

7 1:00pm-1:55pm ☾
Boxing for Parkinson's • Kathy D

7 5:30pm-6:25pm ☾
Tabata • Kathy D

7 6:00pm-6:55pm ◆
Barre Burner • Sarah E

WEDNESDAY

7 5:00am-5:55am ☾
Triple Threat • Chris W

7 6:30pm-7:25pm ■
Adult Learn to Swim: Beg • Erin S

7 6:30pm-7:25pm ■
Adult Learn to Swim: Beg • Beth C

7 6:30pm-7:25pm ☾
Metabolic BC • Karah P

THURSDAY

7 1:00pm-1:55pm ☾
Boxing for Parkinson's • Kathy D

7 6:00pm-6:55pm □
Movement and Mobility
Rachel S

MARCH • APRIL 2020

FRIDAY

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

SATURDAY

7 8:30am-9:25am ☾
Triple Threat • Chris W

7 9:30am-10:25am ●
Animal Flow • Julie P

7 9:30am-10:25am ☾
Metabolic BC • Karah P

7 10:30am-11:25am ●
Yoga for Beginners • Nadin B

WAC BROOKFIELD ROOM KEY

- ☾ Adult Playground
- Studio 1
- Exercise Pool
- ◆ Studio 2
- ★ Personal Training Studio
- Studio 3

SUNDAY

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

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 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.

Animal Flow

Animal Flow is a ground style of Yoga training that improves mobility, stability, endurance and strength. Quadrupedal-based (on hands and knees), Animal Flow uses constant movement that demands a lot of core, wrist and ankle strength. Expect to be challenged in new ways while improving your mind-muscle connection.

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!

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!

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.

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.

Movement and Mobility

Do you have a mobility issue that is preventing you from reaching your goals? This progressive program will encourage movement quality improvement by using a combination of methods. Explore the two components of mobility, mechanic and motor control, utilizing a variety of equipment including Stick Mobility™.

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.

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!

Yoga for Beginners

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 24

9:15am - Fit Club with Karah P

Tuesday, February 25

5:45am - Row Fit with Tyler D
1:00pm - Boxing for Parkinson's with Kathy D
5:30pm - Tabata with Kathy D
6:00pm - Barre Burner with Sarah E

Wednesday, February 26

5:00am - Triple Threat with Chris W
6:30pm - Metabolic Boot Camp with Karah P

Thursday, February 27

1:00pm - Boxing for Parkinson's with Kathy D
6:00pm - Movement and Mobility with Rachel S

Friday, February 28

9:15am - Triple Threat with Chris W

Saturday, February 29

8:30am Triple Threat with Chris W
9:30am - Animal Flow with Julie P
9:30am - Metabolic Boot Camp with Karah P
10:30am - Yoga for Beginners with Nadin B

REG
Member registration begins **Monday, February 17**
Non-Member registration begins **Tuesday, February 18**
Classes begin the week of **Sunday, March 1**