

## FIND YOUR FIT.

### MONDAY

7	5:30am-6:25am	≡
	Treading Fit • Tyler D	
21	12:30pm-1:00pm	≡
	21-Day Body Transf. • Rob H	
21	4:00pm-4:30pm	≡
	21-Day Body Transf. • Julie P	
7	5:30pm-6:25pm	☾
	Metabolic Boot Camp • Kathy D	
7	6:30pm-7:25pm	■
	Adult Learn to Swim • Erin S	

### TUESDAY

7	6:00am-6:55am	☾
	Row Fit • Christine H	
21	11:30am-12:00pm	≡
	21-Day Body Transf. • Rob H	
7	11:30am-12:25pm	■
	Adult Learn to Swim: Inter. • Erin S	
7	1:00pm-1:55pm	☾
	Fund./Boxing for Parkinson's • Kathy D	
21	4:30pm-5:00pm	≡
	21-Day Body Transf. • Rob H	
7	5:30pm-6:25pm	☾
	Tabata • Kathy D	
7	6:00pm-6:55pm	◆
	Barre Burner • Laura	
7	7:00pm-7:55pm	☾
	Lift • Rob H	

### WEDNESDAY

4	5:15am-5:45am S1/S2	☾
	Shred • Chris W	
21	12:30pm-1:00pm	≡
	21-Day Body Trans. • Rob H	
21	4:00pm-4:30pm	≡
	21-Day Body Transf. • Julie P	
7	5:30pm-6:25pm	☾
	Golf Conditioning • Jordan R	
7	6:30pm-7:25pm	■
	Adult Learn to Swim • Erin S	
7	6:30pm-7:25pm	☾
	Metabolic Boot Camp • Karah P	

### THURSDAY

21	11:30am-12:00pm	≡
	21-Day Body Transf. • Rob H	
7	1:00pm-1:55pm	☾
	Fund./Boxing for Parkinson's • Kathy D	
21	4:30pm-5:00pm	≡
	21-Day Body Transf. • Rob H	
7	5:30pm-6:25pm	☾
	Lift • Rob H	
7	6:30pm-7:00pm S1/S2	☾
	Shred feat. HIIT Mix • Christine H	

## MAY • JUNE 2019

### FRIDAY

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

### 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-10:25pm	●
	Yoga Body Boot Camp • Christine H	

### 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): May 5 - June 3**

**Session 2 (S2): June 4 - July 6**

## 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.

## Adult Learn to Swim: Intermediate

Have you ever wanted to learn to swim or improve your swim technique? This class is for the student who possesses basic swimming skills and is looking to improve. While focusing on the breathing skills and endurance required in order to swim one length of the pool or more, the class will also introduce the backstroke and continue to work on treading water for longer periods of time.

## 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!

## 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](http://www.wichapterapda.org) to become a 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.

*Continued on back.*

## 7weekcontinued

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

### 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!

### 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.

### Yoga Body Boot Camp

Interval training meets Yoga for a fun, challenging, ever-evolving workout that will make you sweat and strengthen while you enjoy the mind-body benefits of a Yoga practice. This revolutionary new Yoga-fitness hybrid class is for all fitness levels. No Yoga experience required.

## 21day

Class meets twice a week for 21 days  
21-Day Fee: \$49 member | \$99 non-member

### 21 Day Body Transformation

Want to get a flat tummy fast? Let us show you how you can beat belly bulge in less than a month! We will take all the guess work out of it. The program includes 2 30-minute group workouts per week, a nutrition plan to help maximize your results and all the support you will need! Sign-up today. Class size is limited!



# ADVANCED TRAINING



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BROOKFIELD