

JULY - AUGUST

premium

CLASS SCHEDULE

7-WEEK CLASSES

Tabata *Adult Playground*

Mondays • 5:30pm

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 body weight 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.

Classes meet once a week for a 7-week session

Fee: \$75 member | \$110 non-member

Drop-In Fee: \$15 member | \$20 non-member

Registration Dates

June 13 - member registration begins

June 14 - non-member registration begins

Sign up for Premium classes at the Front Desk.



Brookfield

20075 Water Tower Blvd.

262.544.4111

www.thewac.com