

FIND YOUR FIT.

MARCH • APRIL 2019

MONDAY	
5:30am-6:15am	Cycle • Jason K
5:45am-6:15am	Step EXPRESS • Deb E
6:15am-6:45am	Strength EXPRESS • Deb E
8:00am-8:25am	Core EXPRESS • Rachel S
8:00am-8:55am	Interval • Christine H
8:30am-8:55am	Cardio Circuit LITE • Julie C
9:00am-9:45am	Cycle • Lexie R
9:00am-9:55am	Pilates • Pam M
9:00am-9:55am	Step • Kathy D
9:00am-9:55am	Strength LITE • Julie C
10:00am-10:55am	Strength • Kristin M
10:00am-10:55am	Yoga • Paula T
12:00pm-12:25pm	Blast EXPRESS • Erin S
12:30pm-12:55pm	Guns EXPRESS • Erin S
4:30pm-5:15pm	Cycle • Tyler D
4:30pm-5:25pm	Interval • Rob H
5:30pm-5:55pm	Core EXPRESS • Jenn S
6:00pm-6:25pm	Blast EXPRESS • Julie P
6:00pm-6:55pm	Yoga • Lindsay P
6:05pm-6:50pm	Cycle • Jenn S
6:30pm-6:55pm	Guns EXPRESS • Julie P
6:30pm-7:25pm	Ringside • Karah P
7:00pm-7:55pm	Pilates • Cathy P

TUESDAY	
5:30am-5:55am	Guns EXPRESS • J.J. L
5:45am-6:30am	Cycle • Rebecca M
6:00am-6:25am	Blast EXPRESS • J.J. L
6:30am-6:55am	Core EXPRESS • J.J. L
8:00am-8:25am	Core EXPRESS • Tyler D
8:00am-8:25am	Strength LITE • Jan B
8:30am-8:55am	Strength EXPRESS • Tyler D
8:45am-9:30am	Cycle • Jan B
9:00am-9:55am	Step Fusion • Kathy D
9:15am-10:10am	Ringside • Karah P
9:15am-10:10am	Yoga • Margeaux C
10:00am-10:25am	Strength EXPRESS • Rob H
10:30am-10:55am	Core EXPRESS • Rob H
11:00am-11:25am	Guns EXPRESS • Rob H
12:00pm-12:45pm	Cycle • Lisa H
4:30pm-5:15pm	Cycle • Lisa H
4:30pm-5:25pm	Zumba® • Shelly S
5:00pm-5:55pm	Yoga • Lindsay P
5:30pm-6:15pm	Cycle • Deb E
6:00pm-6:55pm	Strength LITE • Rachel S
7:00pm-7:55pm	Strength • Ashley H
7:00pm-7:55pm	Strength LITE • Rachel S

WEDNESDAY	
5:00am-5:45am	Cycle • Beth M
5:45am-6:40am	Interval • Deb E
5:45am-6:40am	Yoga • Elisabeth B
7:00am-7:25am	Guns EXPRESS • Ethan M
7:30am-7:55am	Strength EXPRESS • Ethan M
8:00am-8:25am	Core EXPRESS • Cody J
8:00am-8:55am	Yoga • Margeaux C
8:30am-8:55am	Stretch EXPRESS • Cody J
9:00am-9:25am	Blast EXPRESS • Julie P
9:00am-9:45am	Cycle • Lexie R
9:00am-9:55am	Pilates • Pam M
9:00am-9:55am	Strength LITE • Julie C
9:15am-10:10am	Ringside • Christian O
9:30am-9:55am	Guns EXPRESS • Julie P
10:30am-11:25am	Yoga LITE • Nadin B
12:00pm-12:25pm	Core EXPRESS • Chris W
12:00pm-12:25pm	Cycle EXPRESS • Lexie R
12:30pm-12:55pm	Strength EXPRESS • Lexie R
12:30pm-12:55pm	Yoga EXPRESS • Chris W
4:30pm-5:25pm	Pilates • Vicki N
5:30pm-5:55pm	Core EXPRESS • J.J. L
5:30pm-6:15pm	Cycle • Jordyn S
6:00pm-6:55pm	Yoga LITE • Pam M
6:00pm-6:55pm	Zumba® • Nila A

THURSDAY	
5:30am-5:55am	Guns EXPRESS • Elizabeth S
5:45am-6:30am	Cycle • Katelyn T
6:00am-6:25am	Blast EXPRESS • Elizabeth S
6:30am-6:55am	Core EXPRESS • Elizabeth S
8:00am-8:25am	Strength EXPRESS • Sarah E
8:30am-8:55am	Core EXPRESS • Sarah E
9:00am-9:25am	Cardio Circuit LITE • Julie C
9:00am-9:55am	Zumba® • Melissa K
9:15am-10:10am	Cardio Circuit • Karah P
9:30am-9:55am	Stretch LITE • Julie C
10:15am-11:10am	Strength • Karah P
11:00am-11:55am	Yoga • Margeaux C
12:00pm-12:45pm	Cycle • Lexie R
4:30pm-5:25pm	Strength • Tyler D
5:30pm-5:55pm	Cardio Circuit EXPRESS • Kim C
5:30pm-6:15pm	Cycle • Lisa H
6:00pm-6:25pm	Core EXPRESS • Kim C
6:30pm-7:25pm	Interval • J.J. L

FRIDAY	
5:30am-6:15am	Cycle • Jodi M
5:45am-6:40am	Interval • Deb E
5:45am-6:40am	Yoga • Elisabeth B
8:00am-8:25am	Blast EXPRESS • Chris W
8:00am-8:25am	Core EXPRESS • Julie P
8:30am-8:55am	Guns EXPRESS • Chris W
9:00am-9:55am	Pilates • Pam M
9:00am-9:55am	Step • Kathy D
9:00am-9:55am	Strength • Ashley H
10:00am-10:55am	Yoga LITE • Nadin B
12:00pm-12:45pm	Cycle • Jenn S
5:30pm-6:25pm	Ringside • Jennifer S

SATURDAY	
7:30am-8:15am	Cycle • Deb E
8:00am-8:25am	Core EXPRESS • Christine H
8:00am-8:55am	Yoga • Elisabeth B
8:30am-8:55am	Strength EXPRESS • Deb E
8:30am-9:15am	Cycle • Stef H
8:30am-9:25am	Interval • Christine H
9:30am-10:25am	Step • Kathy D
10:30am-11:25am	Zumba® • Sandy N

SUNDAY	
9:00am-9:45am	Cycle • Jenn S
9:00am-9:55am	Strength • Ethan M
9:00am-9:55am	Yoga • Cody J
10:00am-10:30am	Core EXPRESS • Jenn S
12:00pm-12:55pm	Yoga • Paula T

WAC BROOKFIELD ROOM KEY

- Studio 1
- ◆ Studio 2
- ▶ Cycle Studio
- ▲ Gym/Court
- ⊕ Adult Playground

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

LITE - With Lower Intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.
EXPRESS - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

CARDIO

Cardio Circuit

Get plugged into this circuit format class. No tricky choreography, just challenging and fun stations featuring cardio, muscle conditioning and balance training exercises.

Interval

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

Ringside

Be sure to experience this powerful cardio class involving bags and boxing gloves! Gain bag skills, agility, strength, balance and flexibility through this class. Class size may be limited.

Step

Step is a high energy, low impact, choreographed aerobic class using a low-lying bench. Expect to sweat, challenge your mind and enjoy the social aspect of this class.

Step Fusion

This class takes our popular step workout and combines it with the benefits of muscle conditioning to give you the most out of your cardio workout. Expect to use a variety of sculpting equipment.

CYCLE

Cycle

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere. Pre-registration is required.

GROOVE

Zumba

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

MIND|BODY

Pilates

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

Stretch

This full body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis.

Yoga

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

STRENGTH

Blast

In this conditioning class, we focus on the lower body to increase Balance, Leg strength, Abs, Stability and Toning. BLAST away to a stronger you!

Core

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

Guns

Fire up your "guns" in this class! It targets core, chest, back, biceps and triceps. Whether you're looking to build muscle mass or tone and tighten, this class will give you the upper body you want!

Strength

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

WATER

Complimentary Water classes can be found in the Water schedule.



COMPLIMENTARY CLASSES

