

FIND YOUR FIT.

MONDAY	TUESDAY	WEDNESDAY
5:30am-6:15am Cycle ▶	5:30am-6:25am BODYPUMP® ▲	5:00am-5:45am Cycle ▶
8:00am-8:55am Interval ▲	5:45am-6:30am Cycle ▶	5:45am-6:40am Interval ◆
8:30am-8:55am Cardio Circuit LITE ◆	8:00am-8:25am Strength LITE ◆	5:45am-6:40am Yoga ●
9:00am-9:45am Cycle ▶	8:00am-8:45am BODYPUMP® ▲	8:00am-8:25am Core EXPRESS ◆
9:00am-9:55am Pilates ●	8:45am-9:30am Cycle ▶	8:00am-8:55am Yoga ●
9:00am-9:55am Step ▲	9:00am-9:55am Step Fusion ▲	8:30am-8:55am Stretch EXPRESS ◆
9:00am-9:55am Strength LITE ◆	9:15am-10:10am Ringside ☾	9:00am-9:25am Blast EXPRESS ▲
10:00am-10:55am Strength ◆	9:15am-10:10am Yoga ●	9:00am-9:55am Pilates ●
10:30am-11:25am Yoga ●	10:00am-10:25am Strength EXPRESS ◆	9:00am-9:55am Strength LITE ◆
12:00pm-12:25pm Blast EXPRESS ◆	10:30am-10:55am Core EXPRESS ◆	9:15am-10:00am Cycle ▶
12:30pm-12:55pm Guns EXPRESS ◆	11:00am-11:25am Guns EXPRESS ▲	9:15am-10:10am Ringside ☾
4:30pm-5:25pm Interval ▲	12:00pm-12:45pm Cycle ▶	9:30am-9:55am Guns EXPRESS ▲
5:00pm-5:25pm Strength EXPRESS ◆	4:30pm-5:15pm Cycle ▶	10:30am-11:25am Yoga LITE ●
5:30pm-5:55pm Core EXPRESS ◆	4:30pm-5:25pm Zumba® ◆	12:00pm-12:25pm Blast EXPRESS ◆
6:00pm-6:55pm BODYPUMP® ▲	5:00pm-5:55pm Yoga ●	12:30pm-12:55pm Guns EXPRESS ◆
6:00pm-6:55pm Yoga LITE ●	5:30pm-6:15pm Cycle ▶	4:30pm-5:25pm Pilates ●
6:05pm-6:50pm Cycle ▶	6:00pm-6:55pm Strength LITE ●	5:30pm-5:55pm Core EXPRESS ▲
6:30pm-7:25pm Ringside ☾	7:00pm-7:55pm Strength ◆	5:30pm-6:15pm Cycle ▶
7:00pm-7:55pm Interval ◆		6:00pm-6:55pm Yoga LITE ●
7:00pm-7:55pm Pilates ●		6:00pm-6:55pm Zumba® ▲
		7:00pm-7:55pm Yoga ●

MARCH • APRIL 2020

THURSDAY	FRIDAY	SATURDAY
5:30am-6:25am BODYPUMP® ▲	5:30am-6:15am Cycle ▶	7:30am-7:55am Core EXPRESS ▲
5:45am-6:30am Cycle ▶	5:45am-6:40am Interval ◆	7:30am-8:15am Cycle ▶
8:00am-8:25am Strength EXPRESS ▲	5:45am-6:40am Yoga ●	8:00am-8:55am Yoga ●
8:30am-8:55am Core EXPRESS ▲	8:00am-8:45am BODYPUMP® ▲	8:15am-9:10am BODYPUMP® ▲
8:30am-8:55am Core LITE ●	9:00am-9:55am Pilates ●	8:30am-8:55am Strength EXPRESS ◆
9:00am-9:25am Cardio Circuit LITE ●	9:00am-9:55am Step ▲	8:30am-9:15am Cycle ▶
9:15am-10:10am Cardio Circuit ▲	9:00am-9:55am Strength ◆	9:30am-10:25am Step ▲
9:30am-9:55am Stretch LITE ●	10:00am-10:25am Blast EXPRESS ◆	10:30am-11:25am Zumba® ▲
10:15am-11:10am Strength ◆	10:00am-10:55am Yoga LITE ●	
11:00am-11:55am Yoga ●	10:30am-10:55am Guns EXPRESS ◆	
4:30pm-5:25pm Strength ▲	12:00pm-12:45pm Cycle ▶	
5:30pm-6:15pm Cycle ▶	5:30pm-6:30pm Ringside ☾	
6:00pm-6:25pm Core EXPRESS ◆		
6:00pm-6:55pm Yoga ●		
6:30pm-7:25pm Interval ◆		

SUNDAY
8:30am-9:25am BODYPUMP® ▲
9:00am-9:45am Cycle ▶
9:00am-9:55am Yoga ●

WAC BROOKFIELD ROOM KEY

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

NOTES

Please bring your own gloves to Ringside class. Gloves are NOT provided.
Sign-up is required for all Ringside and cycle classes. Please sign up at front desk. Class size is limited.

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. *Gloves are not provided for Ringside class.

*Members need to bring their own gloves to class.

* Pre-registration is required.

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!

BODYPUMP®

BODYPUMP® is a barbell training class designed to give you maximum results in the shortest amount of time. Low on complexity with all the benefits of weight training. Increase strength and metabolism with a great total body workout.

*Pre-registration is required.

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****BROOKFIELD****WWW.THEWAC.COM****20075 WATER TOWER BLVD • 262.544.4111**