

## FIND YOUR FIT.

## MAY • JUNE 2019

MONDAY	
5:30am-6:15am Cycle	▶
8:00am-8:55am Interval	▲
8:30am-8:55am Cardio Circuit <b>LITE</b>	◆
9:00am-9:45am Cycle	▶
9:00am-9:55am Pilates	●
9:00am-9:55am Step	▲
9:00am-9:55am Strength <b>LITE</b>	◆
10:00am-10:55am Strength	◆
10:00am-10:55am Yoga	●
12:00pm-12:25pm Blast <b>EXPRESS</b>	◆
12:30pm-12:55pm Guns <b>EXPRESS</b>	◆
4:30pm-5:15pm Cycle	▶
4:30pm-5:25pm Interval	▲
5:30pm-5:55pm Core <b>EXPRESS</b>	▲
6:00pm-6:25pm Blast <b>EXPRESS</b>	▲
6:00pm-6:55pm Yoga	●
6:05pm-6:50pm Cycle	▶
6:30pm-6:55pm Guns <b>EXPRESS</b>	▲
6:30pm-7:25pm Ringside	◌
7:00pm-7:55pm Pilates	●

TUESDAY	
5:30am-5:55am Guns <b>EXPRESS</b>	◆
5:45am-6:30am Cycle	▶
6:00am-6:25am Blast <b>EXPRESS</b>	◆
6:30am-6:55am Core <b>EXPRESS</b>	◆
8:00am-8:25am Core <b>EXPRESS</b>	▲
8:00am-8:25am Strength <b>LITE</b>	◆
8:30am-8:55am Strength <b>EXPRESS</b>	▲
8:45am-9:30am Cycle	▶
9:00am-9:55am Step Fusion	▲
9:15am-10:10am Ringside	◌
9:15am-10:10am Yoga	●
10:00am-10:25am Strength <b>EXPRESS</b>	◆
10:30am-10:55am Core <b>EXPRESS</b>	◆
11:00am-11:25am Guns <b>EXPRESS</b>	◆
12:00pm-12:45pm Cycle	▶
4:30pm-5:15pm Cycle	▶
4:30pm-5:25pm Zumba®	◆
5:00pm-5:55pm Yoga	●
5:30pm-6:15pm Cycle	▶
6:00pm-6:55pm Strength <b>LITE</b>	●
7:00pm-7:55pm Strength	◆

WEDNESDAY	
5:00am-5:45am Cycle	▶
5:45am-6:40am Interval	◆
5:45am-6:40am Yoga	●
7:00am-7:25am Guns <b>EXPRESS</b>	◆
7:30am-7:55am Strength <b>EXPRESS</b>	◆
8:00am-8:25am Core <b>EXPRESS</b>	◆
8:00am-8:55am Yoga	●
8:30am-8:55am Stretch <b>EXPRESS</b>	◆
9:00am-9:25am Blast <b>EXPRESS</b>	▲
9:00am-9:55am Pilates	●
9:00am-9:55am Strength <b>LITE</b>	◆
9:15am-10:10am Ringside	◌
9:30am-9:55am Guns <b>EXPRESS</b>	▲
10:30am-11:25am Yoga <b>LITE</b>	●
12:00pm-12:25pm Core <b>EXPRESS</b>	◆
4:30pm-5:25pm Pilates	●
5:30pm-5:55pm Core <b>EXPRESS</b>	▲
5:30pm-6:15pm Cycle	▶
6:00pm-6:55pm Yoga <b>LITE</b>	●
6:00pm-6:55pm Zumba®	▲

THURSDAY	
5:30am-5:55am Guns <b>EXPRESS</b>	◆
5:45am-6:30am Cycle	▶
6:00am-6:25am Blast <b>EXPRESS</b>	◆
6:30am-6:55am Core <b>EXPRESS</b>	◆
8:00am-8:25am Strength <b>EXPRESS</b>	▲
8:30am-8:55am Core <b>EXPRESS</b>	▲
9:00am-9:25am Cardio Circuit <b>LITE</b>	●
9:00am-9:55am Zumba®	◆
9:15am-10:10am Cardio Circuit	▲
9:30am-9:55am Stretch <b>LITE</b>	●
10:15am-11:10am Strength	◆
11:00am-11:55am Yoga	●
4:30pm-5:25pm Strength	◆
5:30pm-5:55pm Cardio Circuit <b>EXPRESS</b>	◆
5:30pm-6:15pm Cycle	▶
6:00pm-6:25pm Core <b>EXPRESS</b>	◆
6:30pm-7:25pm Interval	◆

FRIDAY	
5:30am-6:15am Cycle	▶
5:45am-6:40am Interval	◆
5:45am-6:40am Yoga	●
8:00am-8:25am Blast <b>EXPRESS</b>	◆
8:00am-8:25am Core <b>EXPRESS</b>	●
8:30am-8:55am Guns <b>EXPRESS</b>	◆
9:00am-9:55am Pilates	●
9:00am-9:55am Step	▲
9:00am-9:55am Strength	◆
10:00am-10:55am Yoga <b>LITE</b>	●
12:00pm-12:45pm Cycle	▶
5:30pm-6:30pm Ringside	◌

SATURDAY	
7:30am-8:15am Cycle	▶
8:00am-8:25am Core <b>EXPRESS</b>	▲
8:00am-8:55am Yoga	●
8:30am-8:55am Strength <b>EXPRESS</b>	◆
8:30am-9:15am Cycle	▶
8:30am-9:25am Interval	▲
9:30am-10:25am Step	▲
10:30am-11:25am Zumba®	▲

SUNDAY	
9:00am-9:45am Cycle	▶
9:00am-9:55am Strength	▲
9:00am-9:55am Yoga	●
10:00am-10:30am Core <b>EXPRESS</b>	◆
12:00pm-12:55pm Yoga	●

### WAC BROOKFIELD ROOM KEY

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

**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**

WWW.THEWAC.COM

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BROOKFIELD