



premium

CLASS SCHEDULE

NOVEMBER - DECEMBER

7-WEEK CLASSES

Fit & Fallproof *Studio 2*
Mondays • 11am-12pm
with Bryan

Have you fallen in the past or do you have a fear of falling? Join us in a class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

Cycle Fit *Cycle Studio*
Mondays • 5:30-6:30pm
with Brittany

This intense class will kick your cardio into high gear using cycle bikes at different levels of speed and resistance. Combined with resistance exercises off the bike, this class provides the perfect balance of cardio and strength.

Combat Parkinson's Disease
Adult Playground
Tuesdays • 1-2pm with Kathy

This movement class is designed to help people living with Parkinson's Disease combat daily challenges, such as stiffness, fatigue, poor balance, postural deficits, muscle weakness and vocal and cognitive impairments. Modeled after the Physical Therapy class, Delay the Disease, Combat Parkinson's provides a safe and fun environment for those who live with PD to use different modalities and strategies to improve their functionality and to help combat the effects of neurological issues. Join us and become a Parkinson's Warrior!

Golf Conditioning
Adult Playground
Wednesdays • 6-7pm with JJ

This workshop 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!

Metabolic Boot Camp
Adult Playground
Thursdays • 9-10am with Don

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.

Lift *Adult Playground*
Thursdays • 5-6pm
with Julie

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.

Water Boot Camp *Lap Pool*
Saturdays • 7:30-8:30am
with Kassie

This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.

Registration Dates
October 17 - member registration begins
October 18 - non-member registration begins

**Classes meet once a week
for a 7-week session**
Fee: \$75 member | \$110 non-member
Drop-In Fee: \$15 member | \$20 non-member





WORKSHOPS

NOVEMBER - DECEMBER

Yoga for Beginners

Lotus Studio with Kristine
Saturday, November 19 • 11am
Saturday, December 3 • 11am

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

Animal Flow

Studio 2 with Julie
Sunday, December 4 • 9:30-10:30am

Animal Flow is a ground style of Yoga training that improves mobility, stability, endurance and strength. Quadrupedal-based (on hands and knees), Animal Flow uses constant movement that demands a lot of core, wrist and ankle strength. Expect to be challenged in new ways while improving your mind-muscle connection.

Post Natal Fitness*

Lotus Studio with Margeaux
Tuesday, December 6 • 6-7:30pm

Your body has changed after having a baby! Whether it's been 2 months or 2 years, it takes time to regain your muscular strength and endurance. Pregnancy stretches your body to new limits and getting back to the gym will look different than before. This workshop will focus on how to exercise effectively and safely after baby, as well as touch on specific ways to strengthen your core, pelvic floor, and overall fitness! Geared towards women who are 24 months postpartum or less.

Advanced Yoga Poses*

Lotus Studio with Steve
Sunday, December 11 • 4-5:30pm

Challenge your strength, flexibility and balance in a fun and innovative way. We will build up to and break down an advanced Yoga posture in a safe and effective way, then end with a deep relaxation.

Advanced Pilates

Lotus Studio with Kelly
Tuesday, December 13 • 5:45-6:45pm

Enjoy this workshop of continuous well-aligned movement patterns. Learn to mindfully and purposefully move your body, understanding what is intentional and what is stabilizing. Explore your core engagement and how it affects your movement along with symmetry, proper alignment and a balanced gait.

Self-Defense

Adult Playground with Garrett
Wednesday, December 14 • 5pm

This Ringside-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence.

Workshop Fee: \$20 member | \$25 non-member

*Workshop Plus Fee: \$25 member | \$30 non-member

Register for Workshops at the Front Desk

Brookfield

20075 Water Tower Blvd.

262.544.4111



www.thewac.com