

SEPTEMBER - OCTOBER

# premium

## CLASS SCHEDULE

### 7-WEEK CLASSES

**Tabata** *Adult Playground*  
Mondays • 5:30-6:30pm with Kathy

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.

**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.

**Four Pillars of Fitness**  
*Studio 2*  
Tuesdays • 5:30-6:30pm with Heather

This challenging and energetic progressive class is based on the four pillars of fitness: Strength, Balance, Endurance, and Flexibility. Get ready for a combination of strength training, cardio intervals, barre and power yoga to make you sweat, stretch and move your body in a dynamic way to see new results.

**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!

**Fit & Fallproof** *Studio 2*  
Wednesdays • 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.

**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.

**Women on Weights**  
*Women's Only Studio*  
Fridays • 10-11am with Sarah

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

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

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.

### 4-WEEK CLASSES

**HIIT Cardio**  
Tuesdays • 5-5:30pm with Megan *Adult Playground*  
Saturdays • 9:30-10am with Kassie *Studio 2*

Be ready to sweat and beat boredom in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using a combination of gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

**HIIT Core**  
Tuesdays • 5:30-6pm with Megan *Adult Playground*  
Saturdays • 10-10:30am with Kassie *Studio 2*

Be ready to work your abs, glutes and back in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness and strengthen your core using a combination of gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

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

**Classes meet once a week  
for a 4-week session**  
Fee: \$50 member | \$70 non-member  
Drop-In Fee: \$20 member | \$25 non-member

**Registration Dates**  
August 15 - member registration begins  
August 16 - non-member registration begins



Brookfield

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