

## FIND YOUR FIT.

MONDAY	
7	5:00pm-6:00pm Women on Weights • Zoe R
7	5:35pm-6:20pm Extreme X • Michael S
7	6:00pm-7:00pm Women on Weights • Zoe R
7	6:30pm-7:30pm Triple Threat • Sonya W

TUESDAY	
7	12:00pm-1:00pm Yoga Boot Camp • Rachel O
7	5:30pm-6:30pm Barre Burner • Amanda T
7	6:30pm-7:45pm Cycle & Yoga • Emily H

WEDNESDAY	
7	6:00am-7:00am Tread & Train • Mike L
7	6:30pm-7:30pm Triple Threat • Sonya W

THURSDAY	
7	6:30pm-7:30pm Cycle Watts • Thomas C

SUNDAY	
7	10:00am-11:00am Cycle Watts • Thomas C

Schedule subject to change. For live schedule updates check [schedule.thewac.com](http://schedule.thewac.com)

WAC DOWNTOWN ROOM KEY		
● Studio	≡ Fitness Floor	* Outside
▶ Cycle Studio	◆ Studio 2	
★ 5th Floor Studio	⊆ TRX	

## 7week

Classes meet once a week for a 7-week session  
7-Week Fee: \$60 member | \$95 non-member

### Barre Burner

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

### Cycle & Yoga

Spin and Yoga unite in this head-to-toe workout. Challenge yourself on and off the bike, improving your range of motion as well as building strength. Boost your cardio endurance in our intense cycling workout followed by relaxing Yoga.

### Cycle Watts

How hard are you working in your Cycle class? You may ride long distances, but that doesn't always mean you are working harder. By using wattage, you can track your progress over time more accurately than with RPM, distance and heart rate. The knowledge you gain in this class can be used in any complimentary Cycle classes or in your own workouts.

### Extreme X

Push yourself past what you ever thought possible. Led by a personal trainer, this class takes traditional interval training to a new level with long bursts of maximum intensity exercise and short periods of rest. Workouts will include cardio and plyometric exercises with intervals of power, resistance, strength and core training. The more variety you include in your workout, the better and faster your results will be.

### Tread & Train

This intense class will begin on the treadmill using different levels of incline and speed designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.

### Triple Threat

This course is designed to help you tone, pump and tighten your body. We will target muscle groups with a variety of exercises designed to get results. Boost your body image and confidence level as you head to the office or for a night out on the town!

## JANUARY • FEBRUARY 2019

## workshops

### Candlelight Massage for Couples Workshop Sunday, February 10 • 11:15am

*Instructor: Cathy S*

Teach partners how to give comfortable back massages that will avoid pain in hands and wrists. This concept is to help reinforce the bond between couples in relationship building, while relieving stress and tension at the same time

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

### Cycle Yoga Workshop

**Friday, January 25 • 5:45pm**

*Instructor: Emily H*

This combination of Cycle and Yoga will challenge your mind and body. Cycle through a vigorous 40-minute profile that will challenge your strength and cardiovascular fitness. After the ride, we'll transition to a 30-minute Yin and Yang Yoga practice, which will challenge your muscular endurance, increase flexibility and improve joint mobility.

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

### Restorative Yoga Workshop

**Sunday, January 20 • 5:30pm**

*Instructor: Pam Frydman*

Restorative Yoga Restore and renew your body. Move through traditional Yoga techniques to relieve fatigue and muscle tension. Pranayama (breath work), balancing and nurturing poses will help calm the mind. Props may be incorporated.

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

**REG** Member registration begins **Monday, December 17**  
Non-Member registration begins **Tuesday, December 18**  
Classes begin the week of **Sunday, January 6**

JANUARY • FEBRUARY 2019

JANUARY • FEBRUARY 2019



# ADVANCED TRAINING



[WWW.THEWAC.COM](http://WWW.THEWAC.COM)

411 E. WISCONSIN AVENUE • 414.212.2000



**DOWNTOWN**