

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 Body 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	4:30pm-5:30pm Yoga Body Bootcamp • Rachel O

MARCH • APRIL 2019

WAC DOWNTOWN ROOM KEY		
● Studio 1	≡ Fitness Floor	* Outside
▶ Cycle Studio	◆ Studio 2	
★ 5th Floor Studio	Ⓒ TRX	

Schedule subject to change. For live schedule updates check schedule.thewac.com

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

Cycle 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.

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!

Women on Weights

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

Yoga Body Boot Camp

Interval training meets Yoga for a fun, challenging, ever-evolving workout that will make you sweat and strengthen while you enjoy the mind-body benefits of a Yoga practice. This revolutionary new Yoga-fitness hybrid class is for all fitness levels. No Yoga experience required.

workshops

30 Days of Gratitude

Sunday, March 10 • 5:00pm

Sunday, April 7 • 5:00pm

Instructor: Emily M

Make a plan to start and end the month with a candlelit, gentle heart opening yoga flow, celebrating your body and breath while cultivating a deep sense of gratitude. With time set aside for self-inquiry and journaling to clarify your intentions, this workshop is suitable for everyone. If you don't have a personal journal, one will be provided. Come join us with an open mind and leave with an open heart.

REG

Member registration begins **Monday, February 18**
Non-Member registration begins **Tuesday, February 19**
Classes begin the week of **Sunday, March 3**

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ADVANCED TRAINING



WWW.THEWAC.COM

411 E. WISCONSIN AVENUE • 414.212.2000



DOWNTOWN