

MARCH • APRIL 2020

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ADVANCED TRAINING



DOWNTOWN

WWW.THEWAC.COM
411 E. WISCONSIN AVENUE • 414.212.2000

FIND YOUR FIT.

MONDAY

7 5:15pm-6:00pm ☰
Glute Camp • Amelia T

7 5:35pm-6:20pm ●
Extreme X • Michael S

7 6:00pm-7:00pm ☰
Women on Weights • Amelia T

TUESDAY

7 5:30pm-6:30pm ◆
Barre Sculpt • Amanda T

7 5:30pm-6:30pm ☾
Pilates Ref. Fusion • Emmy O

WEDNESDAY

4 5:30pm-6:00pm ☰ S1/S2
Shred feat. Ropes • Corey P

7 6:00pm-7:00pm ☰
Women on Weights • Shannon C

7 6:30pm-7:30pm ●
Triple Threat • Sonya W

7week

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

Barre Sculpt

Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.

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.

Glute Camp

This circuit-based strength class will help you build strong and toned glutes. Move through a variety of exercises using bands, weights and steps. This class is great for any level as you will receive one-on-one variations and progressively challenge your glutes each week.

Pilates Reformer Fusion

This progressive Pilates-based class uses a variety of equipment including the Reformer to focus on core strength, flexibility and overall toning. This full-body workout is designed to challenge you with quick-paced transitions between modalities. Modifications will be offered; however, a basic knowledge of Pilates is recommended.

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.

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WAC DOWNTOWN ROOM KEY

● Studio ◆ Studio 2
☰ Fitness Floor ☾ Pilates Studio

workshops

Upgrade Your Mindset

Wellness Workshop

Tuesday, March 3 • 6:00pm

Instructor: Molly S

Wellness and a healthy life start with a strong mindset. How we view the world around us can affect our relationships, career, weight, habits and more. During this wellness workshop, we will discover mindfulness and other techniques and begin to manifest a new mindset. This workshop is a question and answer discussion. A pen and journal is recommended.

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

BODYPUMP 101 Workshop

Saturday, March 14 • 11:15am

Instructor: Nyssa B

This complimentary workshop will introduce you to one of our most popular strength classes, BODYPUMP. First, you will learn how to set up the equipment and properly change out weight on the bars. Next, the Instructor will discuss most common lifts used and show proper form, while giving you time to practice. Last, you will experience how all the exercises are put together by going through a full track of choreographed movements.

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

All About the Glutes Workshop

Sunday, March 22 • 10:30am

Instructor: Allysha W

Looking to build stronger glutes? In this workshop, explore exercises designed to strengthen, tone and shape your booty. A strong backside helps you move better, avoid injuries and look better in your jeans. Fee: \$20 member | \$25 non-member

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 24

5:15pm - Glute Camp with Amelia T

6:00pm - Women on Weights with Amelia T

Tuesday, February 25

5:30pm - Pilates Reformer Fusion with Emmy O

5:30pm - Barre Sculpt with Amanda T

Wednesday, February 26

6:00pm - Women on Weights with Shannon C

4week

Classes meet once a week for a 4-week session
4-Week Fee: \$40 member | \$60 non-member
Half-Hour Drop-In fee:

\$15 member | \$20 non-member

Session 1 (S1): March 1 - March 28

Session 2 (S2): March 29 - April 26

Shred feat. Ropes

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 (or a variety of disciplines).

REG

Member registration begins **Monday, February 17**
Non-Member registration begins **Tuesday, February 18**
Classes begin the week of **Sunday, March 1**