

## FIND YOUR FIT.

### MONDAY

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

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

7 6:30pm-7:30pm ●  
Triple Threat • Katelyn S

### TUESDAY

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

### WEDNESDAY

7 6:00am-7:00am \*  
OutFITT • Mike L

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

### THURSDAY

7 6:00pm-7:00pm \*  
My First Race • Katelyn S

### SUNDAY

7 9:00am-10:00am \*  
Urban Terrain Boot Camp  
Katelyn S

### WAC DOWNTOWN ROOM KEY

- Studio 1
- ★ 5th Floor Studio
- ☰ Fitness Floor
- ◆ Studio 2
- \* Outside

## workshops

### Outdoor Creative Works Workshop

Thursday, June 20 • 4:30pm

Instructor: Mike L

Learn fun, interactive teamwork exercises in this partner training workshop. This workout is designed to work your overall muscles, endurance and strength. The trick is...each exercise must be accomplished with a partner! Fee: \$20 member | \$25 non-member

### Powerlifting Technique Workshop

Wednesday, May 8 • 5:00pm

Saturday, May 11 • 9:00am

Instructor: Jacques L

Powerlifting is a competition sport comprised of the three BIG lifts: the squat, the deadlift, and the bench press. In order to become strong and lift maximal weights in these three lifts you have to train the right way. Come learn the different techniques and modalities needed from a Personal Trainer and competitive powerlifter. This class will touch on proper technique, program design, accessory work, the difference between training for size and strength, and the different gear needed in order to set new personal records week in and week out in your training.

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

### Summer Solstice Workshop

Friday, June 21 • 6:00pm

Instructor: Katelyn S

Come celebrate the international day of Yoga! Join us outside as we practice 108 sun salutations to usher out spring and welcome in summer. This is a great way to challenge your body and soul.

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

## 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!

### 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.

### My First Race

This class is designed for those looking to run their first 5K! Whether you are a runner, jogger or walker, we'll give you the specific coaching and training you need to run a 5K.

### OutFITT

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

### 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!

### Urban Terrain Boot Camp

Come lunge, squat and bear crawl through the most popular outdoor destination fitness experience in the city. This lakefront sweat session will take you through the sand, wooded trails, parks and other special locations in Downtown Milwaukee, moving through a variety of drills and stations to give you a workout like no other.

### 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.

REG

Member registration begins **Monday, April 15**  
Non-Member registration begins **Tuesday, April 16**  
Classes begin the week of **Sunday, May 5**

MAY • JUNE 2019

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# ADVANCED TRAINING



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**DOWNTOWN**