

SEPTEMBER • OCTOBER 2019

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# ADVANCED TRAINING



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

411 E. WISCONSIN AVENUE • 414.212.2000



**DOWNTOWN**

## FIND YOUR FIT.

### MONDAY

7 5:00pm-6:00pm ☰  
Women on Weights • Amelia T

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

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

### TUESDAY

7 5:00pm-6:00pm ☾  
Pilates Reformer Fusion • Dana F

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 12:15pm-1:15pm ☾  
Pilates LIIT • Dana F

7 6:45pm-7:45pm ◆  
Yoga Sculpt • Katelyn S

### WAC DOWNTOWN ROOM KEY

- Studio 1
- ★ 5th Floor Studio
- ☰ Fitness Floor
- ◆ Studio 2
- \* Special Location
- ☾ Pilates Studio

## 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.

### 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!

### 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.

### Pilates LIIT

Using Low Intensity Interval Training, this class combines the best of both cardio and strength conditioning. Build stamina and endurance using a mix of traditional Reformer exercises and challenge your cardio system using the jump board. All levels are welcome.

### Yoga Sculpt

This total-body workout is designed to tone and sculpt every major muscle group. Free weights are incorporated as you move through sun salutations and other Yoga sequences, enabling extra length and depth in poses. This intense, yet easy to follow program will complement your regular Yoga practice while pushing your strength and flexibility to new levels. Yoga Sculpt is fun, effective and a perfect way to expand your practice.

### 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.

## workshops

### Powerlifting Technique Workshop

Sunday, September 15 • 9:30am

Instructor: Allysha 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 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

### Inversions & Arm Balances Workshop

Saturday, September 21 • 12:00pm

Instructor: Katelyn S

Join your Yoga expert as you put your heart above your head and break down the fundamentals of arm balances and inversions. Explore your edge as you learn the proper progression and form for such arm balances/inversions as: Crow, Side Crow, Headstand, Forearm stand, and Scorpion. Shoulder and wrist intensive workshop!

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

### Proper Form and Lifting

#### Technique Workshop

Sunday, September 29 • 10:30am

Sunday, October 13 • 10:30am

Instructor: Allysha W

Learn the basic cue points for functional resistance training. We will breakdown the fundamentals of weight lifting, including equipment, proper form, and techniques so you can start your own journey or join a class with ease!

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

### Candlelight Massage for Couples Workshop

Sunday, October 27 • 11:15am

Instructor: Cathy S

Want to enjoy a relaxing evening with your significant other - during this workshop you will learn how to enjoy giving and receiving massage work without having pain in your hands and wrists. This workshop will help reinforce the bond between couples in relationship building and relieving stress at the same time.

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

# LOSEIT!

## 12week

12-Week Fee: \$299 member | \$419 non-member

### LOSEIT!

Lose It is a weight loss program that includes nutrition counseling, group personal training sessions, unparalleled motivation and inspiration, a t-shirt and more! Let our Fitness Team help you effectively lose weight, achieve your personal fitness goals and be accountable to the most important person...you!

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Member registration begins **Monday, August 19**  
Non-Member registration begins **Tuesday, August 20**  
Classes begin the week of **Sunday, September 8**