

## FIND YOUR FIT.

## JANUARY • FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am-6:30am Interval • Annie K ●	5:30am-6:15am Cycle • Jacquelyn C ▶	6:00am-6:45am Cardio Circuit • Benjamin C ●	6:00am-6:45am Cycle • Tanya T ▶	6:00am-6:45am Cardio Circuit • Benjamin C ●	8:15am-9:15am Yoga • Matt R ◆
6:00am-6:45am Cycle • Sheryl K ▶	6:00am-6:55am Strength • Al L ●	6:00am-6:45am Cycle • Annie K ▶	6:00am-6:45am Treading • Benjamin C ≡	6:00am-6:45am Cycle • Sheryl K ▶	8:30am-9:15am Interval • Jess K ●
6:35am-7:00am Core • Annie K ●	6:00am-7:00am Yoga • Melissa Z ◆	6:15am-7:15am Yoga • Alexa D ◆	6:00am-6:55am Strength • Al L ●	6:00am-7:00am Yoga • Angela D ◆	9:00am-9:55am Cycle • Kaitlin H ▶
11:00am-12:00pm Yoga • Al L ◆	9:30am-10:15am Strength <b>LITE</b> • Al L ●	7:00am-7:45am Strength • Rachel O ●	6:00am-7:00am Yoga • Jenny S ◆	11:00am-11:50am Yoga • Ashlee S ◆	9:30am-10:20am Strength • Allysha W ●
11:30am-12:15pm Cycle • Sanita H ▶	11:00am-11:45am Yoga • Pamela F ◆	11:15am-12:00pm Pilates • Lynette R ◆	9:30am-10:15am Strength <b>LITE</b> • Al L ●	11:30am-12:15pm Cardio Circuit • Tim S ●	9:30am-10:25am Yoga • Jess K ◆
11:30am-12:15pm Interval • Tim S ●	11:30am-12:15pm Cycle • Jenn S ▶	11:30am-12:15pm Cycle • Rachel O ▶	11:00am-12:00pm Yoga • Jess K ◆	11:30am-12:15pm Cycle • Brandon L ▶	10:30am-11:20am Pilates • Rotation ◆
12:15pm-1:00pm Blast • Kevin T ◆	11:30am-12:25pm Strength • Al L ●	11:30am-12:25pm Zumba® • Yareni C ●	11:30am-12:15pm Cycle • Holly Y ▶	12:20pm-1:15pm Zumba® • Yareni C ◆	
12:30pm-1:00pm Guns • Al L ●	12:30pm-1:00pm Core • Al L ●	12:15pm-1:00pm Yoga • Cathy S ◆	11:30am-12:25pm Strength • Al L ●	5:30pm-6:30pm Yoga • Shannon C ◆	
5:00pm-5:30pm Interval • Rotation ●	5:15pm-6:00pm Strength • Kelly S ●	12:30pm-1:00pm Interval • Tim S ●	12:15pm-1:00pm Yoga • Melissa Z ◆		
5:30pm-6:15pm Cycle • Kristen L ▶	5:30pm-6:15pm Cycle • Kristen L ▶	5:00pm-5:25pm Core • Amanda T ◆	12:30pm-1:00pm Core • Al L ●		9:00am-9:45am Cycle • Brandon L ▶
5:35pm-6:25pm Pilates • Jenny S ◆	6:10pm-7:05pm Cardio Kickboxing • Carla B ●	5:00pm-5:30pm Interval • Rotation ●	5:30pm-6:15pm Cycle • Kaitlin H ▶		9:00am-10:00am Zumba® • Arturo H ●
6:30pm-7:15pm Cycle • Megan J ▶		5:00pm-5:30pm Interval • Rotation ●	5:30pm-6:15pm Strength • Kristen L ●		10:00am-11:00am Yoga • Cathy S ◆
6:30pm-7:30pm Yoga • Shannon C ◆		5:30pm-6:15pm Cycle • Ronny A ▶	5:30pm-6:30pm Yoga • Shannon C ◆		4:30pm-5:30pm Yoga • Rotation ◆
		5:35pm-6:25pm Pilates • Jenny S ◆	6:25pm-7:00pm Interval • Tim S ●		
		5:40pm-6:20pm Boot Camp • Tim S ●	7:00pm-8:00pm Yoga • Emily H ◆		
		6:30pm-7:15pm Cycle • Nicole M ▶			
		6:30pm-7:30pm Yoga • Pamela F ◆			

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

**LITE** - With Lower Intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.

**EXPRESS** - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

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

**CARDIO**

**Boot Camp**

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

**Cardio Circuit**

Get plugged into this circuit format class. There's no tricky choreography- just challenging and fun stations featuring cardio, muscle conditioning and balance training exercises.

**Cardio Kickboxing**

Come prepared to engage and tone your muscles in this high intensity, boxing inspired workout. Punches, kicks and athletic drills will be incorporated to create a workout sure to shred.

**Interval**

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

**Treading**

Get inspired in this instructor led group treadmill class using various speeds and inclines. Participants will have their own treadmill to allow for making adjustments based on individual heart rate and fitness level. Pre-registration is required.

**CYCLE**

**Cycle**

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere. Pre-registration is required.

**GROOVE**

**Zumba**

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

**MIND|BODY**

**Pilates**

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

**Yoga**

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

**STRENGTH**

**Blast**

In this conditioning class, we focus on the lower body to increase Balance, Leg strength, Abs, Stability and Toning. BLAST away to a stronger you!

**Core**

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

**Guns**

Fire up your "guns" in this class! It targets core, chest, back, biceps and triceps. Whether you're looking to build muscle mass or tone and tighten, this class will give you the upper body you want!

**Strength**

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

**WATER**

Visit [www.thewac.com/water](http://www.thewac.com/water) to view water classes offered at our other locations.



**COMPLIMENTARY CLASSES**



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

411 E. WISCONSIN AVENUE • 414.212.2000



**DOWNTOWN**