

premium

CLASS SCHEDULE

JULY - AUGUST

4-WEEK CLASSES

HIIT Cardio *Fitness Floor*
Sessions 1 | July 11 - August 1
Mondays • 12:30-1pm with Frances D

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.

HIIT and Lift *Fitness Floor*
Sessions 1 | July 11 - August 1
Mondays • 11:50am-12:10pm with Frances D

Improve your strength in this high intensity interval training (HIIT) and lifting program! Challenge your cardiovascular fitness using a combination of dumbbells, barbells, kettlebells, bands and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

HIIT Yoga *Studio 2*
Sessions 2 | August 8 - August 29
Mondays • 6-6:30pm with Shannon C

Combine the fast pace of high intensity interval training (HIIT) with the postures and sequencing of a yoga practice. Increase your heart rate and break a sweat while reaping the benefits of improved balance and flexibility.

7-WEEK CLASSES

Striking Fitness *Fitness Floor/Studio 2*
July 11 - August 22
Mondays • 6-7pm
with 2nd Degree Black Belt, Anthony G

Learn martial arts striking techniques in a fast paced workout program that will work your body and mind. This includes a variety of footwork and stance training that will help improve your agility and flexibility, striking techniques that will help train your endurance and strength and last but not least, sparring techniques that will work your dexterity and your brain. Leave feeling fit and empowered!

WORKSHOPS

Sunset Savage HIIT*
Parking Garage Rooftop
Wednesday, July 20 • 6:15-7:15pm with Frances D

Join us for a savage high-intensity interval training (HIIT) workout from the roof of the WAC Downtown parking garage. Enjoy the view of the sun setting behind the Milwaukee skyline as we combine minimal equipment and body weight exercises for extreme results. Finish strong with a cold beverage!

Self-Defense *Studio 1*
Saturday, July 16 • 10:30am-12:30pm with Anthony G
Saturday, August 13 • 10:30am-12:30pm with Anthony G

This Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence.

Registration Dates
June 13 - member registration begins
June 14 - non-member registration begins

Classes meet once a week for a 7-week session
Fee: \$75 member | \$110 non-member
Drop-In Fee: \$15 member | \$20 non-member

Workshop Fees
\$20 member | \$25 non-members
*\$25 members | \$30 non-members

Classes meet once a week for a 4-week session
Half-Hour Fee: \$50 member | \$70 non-member
Drop-In Fee: \$20 member | \$25 non-member



Downtown

411 E. Wisconsin Ave.

414.212.2000

www.thewac.com