

FIND YOUR FIT.

MARCH • APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am-6:30am Interval ●	6:00am-6:45am Cycle ▶	6:00am-6:45am Cycle ▶	6:00am-6:45am Cycle ▶	6:00am-6:45am Cardio Circuit ●	8:00am-8:45am Cycle ▶
6:00am-6:55am Cycle ▶	6:00am-6:55am Strength ●	6:00am-6:50am Cardio Circuit ●	6:00am-6:55am Strength ●	6:00am-6:45am Cycle ▶	8:15am-8:50am Interval ●
6:00am-7:00am Yoga ◆	6:00am-7:00am Yoga ◆	7:00am-7:45am BODYPUMP® EXPRESS ●	6:00am-7:00am Yoga ◆	6:00am-7:00am Yoga ◆	8:15am-9:05am Yoga ◆
6:30am-7:00am Core ●	9:30am-10:15am Strength LITE ●	11:15am-12:00pm Pilates ◆	9:30am-10:15am Strength LITE ●	11:00am-11:45am Pilates ◆	9:00am-9:45am Cycle ▶
11:00am-12:00pm Yoga ◆	11:00am-11:45am Yoga ◆	11:30am-12:15pm Cycle ▶	11:00am-12:00pm Yoga ◆	11:30am-12:15pm Cardio Circuit ●	9:00am-9:50am Strength ●
11:30am-12:15pm Cycle ▶	11:30am-12:15pm Cycle ▶	11:30am-12:15pm Zumba® ●	11:30am-12:15pm Cycle ▶	11:30am-12:15pm Cycle ▶	9:15am-10:15am Yoga ◆
11:30am-12:15pm Interval ●	11:30am-12:25pm Strength ●	12:15pm-1:00pm Yoga ◆	11:30am-12:25pm Strength ●	12:00pm-1:00pm Yoga ◆	10:00am-11:00am BODYPUMP® ●
12:15pm-1:00pm Blast ◆	12:00pm-12:45pm Pilates ◆	12:30pm-1:00pm Interval ●	12:15pm-1:00pm Yoga ◆	12:20pm-1:15pm Zumba® ●	10:30am-11:20am Pilates ◆
4:30pm-5:25pm Yoga ◆	12:30pm-1:00pm Core ●	5:00pm-5:25pm Core ◆	12:30pm-1:00pm Core ●		
5:00pm-5:30pm Interval ●	4:30pm-5:20pm Pilates ◆	5:30pm-6:15pm Cycle ▶	5:30pm-6:15pm BODYPUMP® EXPRESS ●		
5:30pm-6:15pm Cycle ▶	5:15pm-6:00pm Strength ●	5:35pm-6:25pm Pilates ◆	5:30pm-6:15pm Cycle ▶		
5:35pm-6:25pm Pilates ◆	5:30pm-6:15pm Cycle ▶	5:40pm-6:20pm Boot Camp ●	5:30pm-6:30pm Yoga ◆		
6:30pm-7:15pm BODYPUMP® EXPRESS ●	6:15pm-7:15pm Boot Camp ●	6:30pm-7:15pm Cycle ▶	6:25pm-7:00pm Interval ●		
6:30pm-7:15pm Cycle ▶	6:30pm-7:15pm Cycle ▶	6:30pm-7:30pm Yoga ◆			
6:30pm-7:30pm Yoga ◆	6:45pm-7:45pm Yoga ◆				

SUNDAY
9:00am-9:45am Cycle ▶
9:00am-10:00am Zumba® ●
10:00am-11:00am Yoga ◆
11:00am-12:00pm Yoga ◆
4:30pm-5:30pm Yoga ◆

WAC DOWNTOWN ROOM KEY

● Studio 1 ◆ Studio 2
▶ Cycle Studio

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.

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.

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.

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.**

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.

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.

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!

BODYPUMP®

BODYPUMP® is a barbell training class designed to give you maximum results in the shortest amount of time. While low on complexity, this class has all the benefits of weight training. Increase your strength and metabolism with a great total-body workout.

***Pre-registration is required.**

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.

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 to view water classes offered at our other locations.

**COMPLIMENTARY CLASSES****DOWNTOWN****WWW.THEWAC.COM****411 E. WISCONSIN AVENUE • 414.212.2000**