

MAY - JUNE

WORKSHOPS

Partner Yoga

Studio 2 with Jessica K
Saturday, May 7 • 10-11:30am

Learn to deepen your Yoga poses and connections with others. Partner Yoga invites openness, patience, communication and balance into your practice. Partners rely on each other's support to keep correct body alignment. Feeling physically supported allows you to experience a Yoga posture differently. You and your partner will encourage each other to relax physical and emotional tensions.

Warrior Woman

Studio 2 with Frances D
Thursday, May 12 • 7:05-7:50pm

Find your inner warrior strength! This workshop combines high intensity interval training, core work, affirmation activities and motivational meditation. This endorphin-releasing class will leave you feeling empowered, connected and grounded. This will give your mind, heart, and spirit a lift while burning those calories to the ground.

Celebrate You: Women's Embodiment

Studio 2 with Molly S
Saturday, May 21 • 10-11:15am

Embodiment is about embracing your unique and beautiful self. Your instructor will guide you through breathwork, visualization, reflection, restorative yoga poses, and other practices to align your body, mind, and spirit. This wellness workshop will invite you to become passionate about your life, love yourself more, and create balance and courage to live your dreams. It's time to celebrate you!

Body Confidence & Strength Training

Studio 1 with Frances D
Tuesday, May 24 • 7:05-8:05pm

During this workshop, you will learn to tell those negative thoughts and fears to go away! Embrace yourself fully and trust yourself to take control of your current fitness habits and goals. We will combine affirmations with strength exercises to help push you past your limits that you've been setting for yourself.

Glute Camp

Studio 1 with Frances D
Thursday, June 2 • 7:05-7:50pm

This circuit-based strength class will help you build strong and toned glutes. Move through a variety of exercises using bands, weights and steps. This class is great for any level as you will receive one-on-one variations and progressively challenge your glutes.

Strength and Spirit Yoga

Studio 2 with Molly S
Saturday, June 4 • 10-11:30am

Strengthen your body and awaken your spirit! Let us guide you through a Forrest Yoga practice designed to help release physical tension from your body, strengthen weak muscles, and connect with your spirit to find a mental and emotional release. This practice is for all levels and modifications will be provided. If you have never done Forrest Yoga, you are in for a life-changing experience!

Goal Setting : Tapping into the Upward Spiral

Studio 2 with Frances D
Thursday, June 9 • 7:05-7:50pm

Do you ever feel like you're just not reaching your goals? Do you feel bogged down by stress and are not sure how to start? Based on proven tactics from Alex Korb's book, The Upward Spiral, we will discuss how small changes can make a big impact on your health, day to day life, your goals and your happiness! Join us for a quick discussion and a strength workout to get the blood flowing.

Sunset Savage HIIT*

Parking Garage Rooftop with Frances D
Wednesday, June 22 • 6:15-7:15pm

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 complimentary cold beverage!

Workshop Fee: \$20 member | \$25 non-member
*Workshop Plus Fee: \$25 member | \$30 non-member

Register for Workshops at the Front Desk



Downtown

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