



premium CLASS SCHEDULE

NOVEMBER - DECEMBER

7-WEEK CLASSES

Striking Fitness *Studio 1*

October 31 - December 12

Mondays • 6:20-7:20pm

with Anthony, a 2nd Degree Blackbelt

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!

4-WEEK CLASSES

HIIT and Lift *Fitness Floor*

Session 1 | November 7 - November 28

with Frances

Mondays • 12-12:30pm

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.

WORKSHOPS

Meditation Yoga *Studio 2*

with Sage

Saturday, November 19 • 10-11:15am

Meditation calms and centers the mind, relaxes the body and balances the emotional system. The goal is to be completely aware of both the body and the mind in the present moment. During this workshop, we will combine deep diaphragmatic breathing with classic warm-up yoga, work through various restorative poses to calm, relieve stress and lower blood pressure and finish with guided meditation (yoga nidra).

Glute Camp *Fitness Floor*

with Frances

Wednesday, November 2 • 6:30-7:15pm

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.

Sweaty Savage HIIT *Fitness Floor*

with Frances

Wednesday, November 16 • 6:20-7:15pm

Wednesday, December 14 • 6:20-7:15pm

Join us for a savage high-intensity interval training on the fitness floor. Turn up the heat and get your sweat on as the temperatures drop this season. We will combine gym equipment and body weight exercises for extreme results. Finish strong with a cold beverage!

Goal Setting: Tapping into the Upward Spiral

Conference Room 1 on 1st Floor

with Frances

Monday, December 5 • 6:45-7:30pm

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.

Classes meet once a week for a 7-week session

Fee: \$75 member | \$110 non-member

Drop-In Fee: \$15 member | \$20 non-member

Registration Dates

October 17 - member registration begins

October 18 - non-member registration begins

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

Workshop Fee

\$25 members | \$30 non-members



Downtown

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