



# premium

## CLASS SCHEDULE

SEPTEMBER - OCTOBER

### 4-WEEK CLASSES

#### **HIIT and Lift** *Fitness Floor*

Sessions 2 | October 3 - October 24

Mondays • 12-12:30pm 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.

### 7-WEEK CLASSES

#### **Striking Fitness** *Studio 2/Fitness Floor*

September 12 - October 24

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!

#### **Women on Weights** *Studio 1/Fitness Floor*

September 10 - October 22

Saturdays • 9-10am

with Jessica K

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

### WORKSHOPS

#### **Sunset Savage HIIT**

*Parking Garage Rooftop*

Wednesday, September 28 • 6:20-7:20pm with Frances D

Monday, October 17 • 5:30-6:30pm 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!

#### **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**

August 15 - member registration begins

August 16 - 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

411 E. Wisconsin Ave.

414.212.2000

[www.thewac.com](http://www.thewac.com)