

FIND YOUR FIT.

MONDAY

- 4 5:00am-5:30am (S1)(S2) ★
Shred feat. HIIT It • Laura N
- 7 6:00am-6:55am ≡
Tread & Train • Maddie D
- 4 9:30am-10:00am (S1)(S2) ★
Shred feat. HIIT Mix • Chris K
- 4 10:00am-10:30am(S1)(S2) ⊂
TRX • Chris K
- 7 10:15am-11:10am ◆
Barre Burner • Lisa W
- 4 12:15pm-12:45pm(S1)(S2) ★
Shred: Lunch Attack • Stacy R
- 4 5:30pm-6:00pm (S1)(S2) ⊂
TRX • Connie C
- 7 5:30pm-6:25pm ◆
PiYo • Irish N
- 4 6:00pm-6:30pm (S1)(S2) ≡
Shred feat. Row • Connie C
- 7 6:00pm-6:55pm █
Adult Learn to Swim • Catherine Z
- 4 7:00pm-7:30pm (S1)(S2) ⊂
TRX • Chris K

TUESDAY

- 7 5:00am-5:55am ◆
Barre Burner • Laura N
- 7 8:00am-8:55am ▲
Women on Weights • Lauree W
- 4 8:30am-9:00am (S1)(S2) ⊂
TRX • Connie C
- 4 9:00am-9:30am (S1)(S2) ★
Power • Chris K
- 7 9:00am-9:55am ▲
Strong by Zumba® • Dalilah S
- 4 10:00am-10:30am(S1)(S2) ⊂
TRX • Connie C
- 4 5:30pm-6:30pm (S1)(S2) ★
Power • Chris K
- 7 6:00pm-6:55pm ◆
Barre Burner • Irish N
- 7 7:30pm-8:25pm ●
Beg. Ballroom Dance • Michael K

WEDNESDAY

- 4 5:00am-5:30am (S1)(S2) ★
Shred feat. HIIT It • Laura N
- 7 5:15am-6:10am ▲
Women on Weights • Mary Jo O
- 7 6:00am-6:55am █
Adult Learn to Swim • Andrea C
- 7 9:05am-10:00am ◆
Barre Burner • Laura N
- 4 12:15pm-12:45pm(S1)(S2) ★
Shred: Lunch Attack • Stacy R
- 7 6:00pm-6:55pm ≡
Row Fit • Maddie D
- 7 7:00pm-7:55pm █
Fit Swim • Gina H

THURSDAY

- 7 5:00am-5:55am ◆
Barre Burner • Laura N
- 4 5:15am-5:45am (S1)(S2) █
GLIDE Fit • Michael K
- 4 5:50am-6:20am (S1)(S2) █
GLIDE Fit • Michael K
- 7 9:00am-9:55am ●
Women on Weights • Lauree W
- 4 9:30am-10:00am (S1)(S2) ★
Shred feat. HIIT Mix • Chris K
- 4 10:00am-10:30am(S1)(S2) ⊂
TRX • Chris K
- 7 10:00am-10:55am ◆
Power Yoga • Jennifer W
- 7 11:00am-11:55am ◆
Yoga for Beg. • Jennifer W
- 7 5:30pm-6:25pm ◆
Breathing & Med. • Ryan W
- 4 5:30pm-6:30pm (S1)(S2) ★
Power • Chris K

FRIDAY

- 4 5:00am-5:45am (S1)(S2) ★
Shred HIIT It • Laura N
- 4 6:00am-6:30am (S1)(S2) ≡
Shred feat. Row • Connie C

SATURDAY

- 4 8:00am-9:00am (S1)(S2) ★
Power • Chris K
- 7 8:30am-9:25am ◆
Barre Burner • Irish N
- 4 9:00am-9:30am (S1)(S2) ≡
TRX • Connie C

SUNDAY

- 7 8:30am-9:25am ◆
Prenatal Yoga • Jackie H
- 7 11:00am-11:55am █
Tabata in the Pool • Sharon M

Schedule subject to
change. For live schedule
updates check
schedule.thewac.com

WAC MENOMONEE FALLS ROOM KEY

- ▶ Cycle Studio
- █ Exercise Pool
- ≡ Fitness Floor
- ★ Functional Training Area
- ▲ Gym
- █ Lap Pool
- ◆ MindBody Studio
- Studio
- ⊂ TRX
- Conference Room



Member registration begins **Monday, December 17**
Non-Member registration begins **Tuesday, December 18**
Classes begin the week of **Sunday, January 6**

JANUARY • FEBRUARY 2019

try•itweek

Try complimentary Advanced classes,
introductory classes and more!

Wednesday, December 26

- 5:15am - Women on Weights *with Mary Jo O*
- 9:05am - Barre Burner *with Laura N*
- 6:00pm - Row Fit *with Maddie D*

Saturday, December 29

- 8:30am - Barre Burner *with Irish N*

Sunday, December 30

- 8:30am - Prenatal Yoga *with Jackie H*
- 11:00am - Tabata in the Pool *with Sharon M*

Wednesday, January 2

- 5:00am - Shred HIIT IT *with Laura N*
- 12:15pm - Shred: Lunch Attack *with Stacy R*

Thursday, January 3

- 5:00am - Barre Burner *with Laura N*
- 5:15am - GLIDE Fit *with Michael K*
- 5:50am - GLIDE Fit *with Michael K*
- 9:00am - Women on Weights *with Lauree W*
- 9:30am - Shred feat. HIIT Mix *with Chris K*
- 10:00am - TRX *with Chris K*
- 10:00am - Power Yoga *with Jennifer W*
- 11:00am - Yoga for Beginners *with Jennifer W*
- 5:30pm - Power *with Chris K*
- 5:30pm - Breathing & Meditation *with Ryan W*

Friday, January 4

- 5:00am - Shred HIIT It *with Laura N*
- 6:00am - Shred feat. Row *with Connie C*

Saturday, January 5

- 8:00am - Power *with Chris K*
- 9:00am - TRX *with Connie C*

workshops

Aqua Yoga Workshop

Sunday, January 20 • 10:30am
Wednesday, February 13 • 10:30am
Personal Trainer: Jackie H

Add a new dimension to your Yoga practice by taking it into the pool! The water adds a new element of resistance that will allow participants to increase core strength, focus and balance by practicing standing power poses in the pool. This class is also excellent for participants with joint discomfort or pain as the buoyancy of the water will take some pressure off of achy joints. Whether you are a seasoned yogi or just beginning your practice, this class is for you!
Fee: \$20 member | \$25 non-member

Biggest Weight Loss Mistakes Workshop

Saturday, January 12 • 10:00am
Wellness Coaches: Laura K and Erin W
Are you struggling to lose those stubborn pounds? Learn about the most common mistakes we make as we try to lose the extra weight. Recipes provided.
Fee: \$20 member | \$25 non-member

Bike to the Barre Workshop

Sunday, January 6 • 10:30am
Monday, February 11 • 7:00pm
Instructor: Lisa W and Jackie H
This Friday night workshop is sure to get you moving! Come feel strong and work up a sweat in a 45-minute cycle class before heading to the barre for 45 minutes of stretching and lengthening your muscles. Class will be followed up with drinks.
Fee: \$20 member | \$25 non-member

Candlelight Poolside Yoga

Workshop Friday, January 25 • 6:30pm
Instructor: Tami F
Enjoy this Yoga class designed to help you unwind and de-stress. The practice will include gentle flow, restorative and Yin (long hold) postures and will close with a generous relaxation/meditation. Some Yoga experience is suggested, but not required. Followed by wine, cheese and socializing.
Fee: \$20 member | \$25 non-member

F.L.E.X. Workshop Series

Tuesday, January 8 • 6:30pm
Tuesday, February 5 • 6:30pm
Personal Trainer: Stacy R
In this series, we'll teach you the FUNDAMENTALS of weight lifting. Each workshop will focus on a different area of the body, and you'll LEARN about what muscles you're working and where you should feel the burn. Weight lifting is a great form of exercise for EVERYONE of all ages and skill levels. You'll be amazed at what you can accomplish and the XTREME fun you'll have doing it. When you're finished lifting, complimentary drink or vendor samplings will be available after class.
Fee: \$20 member | \$25 non-member

Freezer Meals Workshop

Saturday, February 16 • 10:00am
Wellness Coaches: Laura K and Erin W
Learn how to prepare several healthful easy freezer meals in one hour. Perfect to have on hand for busy fall weeknights!
Fee: \$20 member | \$25 non-member

Sunday Funday Workout Series

Sunday, January 13 • 10:30am
Sunday, February 10 • 10:30am
Personal Trainer: Chris K
Join the Sunday Funday workout series for a variety of workouts featuring new gym toys and perhaps a little FUN competition! Meet up at the Club Pub after class for a well-deserved refreshment. After all, a Sunday well spent brings a week of content!
Fee: \$20 member | \$25 non-member

Total Wellness for Women Workshop

Monday, January 14 • 6:00pm
Personal Trainer: Jackie H
Join us for this interactive topic aimed at bringing out your best. Learn how to stay strong and healthy, both physically and emotionally, at any age. Let us inspire you to fire up your body and your life!
Fee: \$20 member | \$25 non-member

Sweat, Sip & Social Series

TRX & Kettlebell Workshop
Wednesday, January 16 • 5:30pm
Personal Trainer: Jackie H
Pending Description
Fee: \$20 member | \$25 non-member

Water Boot Camp Workshop

Tuesday, February 26 • 6:30pm
Personal Trainer: Matt L
This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.
Fee: \$20 member | \$25 non-member

Valentine's Day Tango Workshop

Thursday, February 14 • 7:30pm
Instructor: Michael K
Start your Valentine's Day weekend early with this romantic dance workshop. One of the most fascinating of all dances is the Tango, a sensual ballroom dance that expresses an element of romance in the partners synchronized movements. Join us afterwards for a complimentary beverage in the club Pub.
Fee: \$20 member | \$25 non-member



7week

Classes meet once a week for a 7-week session
7-Week Fee: \$60 member | \$95 non-member

Adult Learn to Swim

Have you ever wanted to learn how to swim or improve your technique? This drop in class, led by a personal trainer, is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen. Ballroom Dance Experience the fun and enjoyment of ballroom dancing! This class is designed for people with little or no dance experience. We will concentrate on basic steps and variations that will make you a standout on the dance floor.

Barre Burner

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

Beginning Ballroom Dance

Experience the fun and enjoyment of moving around the dance floor! This class is designed for people who have little or no experience dancing. We will concentrate on basic steps and variations to get you comfortable moving around the floor. You're sure to have fun and get a great workout! The dances covered are Foxtrot, Waltz, Merengue, Swing.

Breathing & Meditation

The quality of our breath has a significant impact on our physical health and emotional well-being. Join us in learning simple and effective techniques for developing slow, calm, and efficient breathing. We will also learn to explore and manage our thoughts and emotions through simple meditation practices.

Fit Swim

Do you swim countless boring laps? Join Fit Swim for a formatted lap swimming work out lead by a trained coach. Help improve your endurance, increase your power and speed and learn stroke development.

PiYo

PiYo is a hybrid athletic workout that combines mind/body practices of Yoga and pilates, which will help you burn calories and build muscle. The dynamic blend of continuous movement from one pose to another increases strength, balance and agility, while being easy on the mind and joints. Transform your body and exhilarate your mind!

Power Yoga

Taught with an athletic approach, Power Yoga follows the flow of breathing through a sequence of interweaving asanas. Sequences emphasize balance and core strengthening exercises.

Prenatal Yoga

Designed specifically for expecting or new moms, this distinctive Yoga class provides energizing but gentle Yoga sequences and relaxation. Learn breathing, visualization and meditation techniques appropriate and safe for this time of unique body changes. This class is suitable for complete beginners and those adapting their regular Yoga practice.

Row Fit

This intense class will kick your cardio into high gear by utilizing the rower to work with different levels of speed and resistance. Combined with resistance exercises off the rower, this class provides the perfect balance of cardio and strength.

Strong by Zumba®

Strong by Zumba combines high-intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.

Tabata in the Pool

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

Tread & Train

This intense class will begin on the treadmill using different levels of incline and speed designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.

Women on Weights

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

Yoga for Beginners

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

4week

Classes meet once a week for a 4-week session
4-Week Half-Hour Fee: \$40 member | \$60 non-member
Half-Hour Drop-In Fee: \$15 member | \$20 non-member
4-Week Hour Fee: \$80 member | \$120 non-member
Hour Drop-In Fee: \$25 member | \$30 non-member

Session 1 (S1): January 6-February 2

Session 2 (S2): February 3-March 2

GLIDE Fit

We've combined the power of plyometric training and strength training to create this fun yet challenging class. Explore new functional methods of building strength, stamina and mobility using a floating fitness mat. This class is the perfect training complement for athletes and exercise enthusiasts. Let's see what you're made of on the water.



Power

Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through carolies, build stronger muscles and increase your explosive power and speed.

Shred

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 (or a variety of disciplines).

TRX

Change the way you train! TRX (total resistance exercise) training will challenge your body like never before to improve strength, balance, flexibility, and core stability. This revolutionary group personal training class uses leveraged body weight exercises on the TRX straps to transform every skill level and age

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ADVANCED TRAINING



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