

## FIND YOUR FIT.

### MONDAY

- 4 5:00am-5:30am (S1)(S2)★  
Shred feat. HIIT It • Cody D
- 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 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

- 4 8:00am-8:30am (S1)(S2)☾  
TRX • Connie C
- 7 8:00am-8:55am ▲  
Women on Weights • Lauree W
- 7 9:00am-9:55am ▲  
Strong by Zumba® • Dalilah/Cindy
- 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 7:00pm-7:55pm █  
Adult Learn to Swim • Andrea C
- 7 7:30pm-8:25pm ●  
Beg. Ballroom Dance • Michael K

### WEDNESDAY

- 4 5:00am-5:30am (S1)(S2)★  
Shred feat. HIIT It • Cody D
- 7 5:15am-6:10am ▲  
Women on Weights • Mary Jo O
- 7 5:30am-6:25am ◆  
Power Yoga • Jennifer W
- 7 6:00am-6:55am █  
Adult Learn to Swim • Andrea C
- 7 9:05am-10:00am ◆  
Barre Burner • Irish N
- 7 6:05pm-6:50pm ◆  
Barre Burner • Laura N
- 7 7:00pm-7:55pm █  
Fit Swim • Gina H

### THURSDAY

- 4 5:15am-5:45am (S1)(S2)█  
GLIDE Fit • Michael K
- 4 5:50am-6:20am (S1)(S2)█  
GLIDE Fit • Michael K
- 12 6:30am-7:25am ▲  
Lose It
- 7 9:00am-9:55am ●  
Women on Weights • Lauree W
- 4 10:00am-10:30am(S1)(S2)☾  
TRX • Chris K
- 7 11:00am-11:55am ◆  
Yoga for Beginners • Jennifer W
- 7 5:30pm-6:25pm ◆  
Breathing & Meditation • Ryan W
- 4 5:30pm-6:30pm (S1)(S2)★  
Power • Chris K
- 12 6:30pm-7:25pm ▲  
Lose It

### FRIDAY

- 4 5:00am-5:30am (S1)(S2)★  
Shred feat. HIIT It • Cody D
- 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
- 7 11:30am-12:15pm ▲  
Junior Boot Camp • Kena H NEW!

### SUNDAY

- 7 8:30am-9:25am ◆  
Prenatal Yoga • Jackie H

Schedule subject to  
change. For live schedule  
updates check  
[schedule.thewac.com](http://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

## workshops

### Barriers to Weight Loss Workshop

Saturday, March 23 • 10:00am

*Wellness Coaches: Laura K/Erin W*

Come and learn what unique barriers you may be facing and how to overcome them. This class will help you identify your own challenges and provide practical diet and environmental tips that will result in reaching your weight loss goals.

Fee: \$20 member | \$25 non-member

### Bunny Burn Boot Camp Workshop

Sunday, April 21 • 8:00am

*Trainer: Deric S*

Say goodbye to the winter season. Let's welcome spring with a HIIT Boot Camp workout! Get in a good burn before your Easter Brunch.

Fee: \$20 member | \$25 non-member

### F.L.E.X. Workshop Series

Tuesday, March 5 • 6:30pm

Tuesday, April 9 • 6:30pm

*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

### Golf Conditioning Workshop

Saturday, March 30 • 11:00am

*Trainer: Jake V*

This workshop will focus on the strength and conditioning needed to help perfect your golf game. You will perform exercises to develop core strength, joint range of motion, balance and more!

Fee: \$20 member | \$25 non-member

### Happy Hip Workshop

Wednesday, March 20 • 6:00pm

Saturday, April 6 • 9:30am

*Massage Therapist: Porscha*

Do you have nagging hip pain? In this workshop, learn how a hip injury can lead to low back pain, knee and ankle problems. Not all hips are the same, so we'll go through a range of assessment procedures, help you understand what might be causing these issues and help you manage your symptoms with self-stretches, massage and kinesiology taping techniques.

Fee: \$20 member | \$25 non-member

### Meal Planning Tips for Busy People

Saturday, April 13 • 10:00am

*Wellness Coaches: Laura K/Erin W*

Reduce stress by planning meals. Join the WAC Dietitian for easy tips that will help streamline your dinner routine so that you have more time for other things!

Fee: \$20 member | \$25 non-member

### Self Defense Workshop

Saturday, March 16 • 10:00am

*Trainer: Peter K*

This Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence.

Fee: \$20 member | \$25 non-member

### Strong by Zumba® Workshop

Friday, April 26 • 6:00pm

*Instructor: Cindy V*

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.

Fee: \$20 member | \$25 non-member

### Sunday Funday Workout Series

Sunday, March 10 • 10:30am

Sunday, April 14 • 10:30am

*Trainer: Chris K*

Join the Sunday Funday workout for a workout 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

### Sweat, Sip & Social Workshop Series

Tabata - Wednesday, March 20 • 6:00pm

*Trainer: Maddie D*

Bosu Barre - Friday, April 5 • 6:30pm

*Trainer: Laura Newman*

Join us for a workout where you'll do a little sweating in class followed by a little sipping and socializing in our Club Pub. Complimentary drink or vendor samplings will be available after each class.

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 class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen.

### 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.

### Junior Boot Camp NEW!

This class encourages kids to make health and fitness a way of life. Participants benefit from a large group dynamic that motivates them to participate in a variety of activities such as running, interval training and bodyweight exercises. By working in pairs or small groups, children will have the opportunity to socialize and make friends while working at their own pace.

### 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, Yoga for Strength 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.

### 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.

### 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): March 3 - March 30**

**Session 2 (S2): March 31 - April 27**

## 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 calories, build stronger muscles and increase your explosive power and speed.

## Shred feat. HIIT It

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).

## Shred feat. HIIT Mix

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).

## Shred feat. Row

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



# try•itweek

Try complimentary Advanced classes, introductory classes and more!

## Sunday, February 24

8:30am - Prenatal Yoga with Jackie H

## Monday, February 25

6:00am - Tread & Train with Maddie D

10:15am - Barre Burner with Lisa W

5:30pm - PiYo with Irish N

## Tuesday, February 26

8:00am - Women on Weights with Lauree W

9:00am - Strong by Zumba® with Dalilah S

6:00pm - Barre Burner with Irish N

7:00pm - Adult Learn to Swim with Andrea C

7:30pm - Beg. Ballroom Dance with Michael K

## Wednesday, February 27

5:15am - Women on Weights with Mary Jo O

5:30am - Power Yoga with Jennifer W

6:00am - Adult Learn to Swim with Andrea C

9:05am - Barre Burner with Irish N

6:05pm - Barre Burner with Laura N

7:00pm - Fit Swim with Gina H

## Thursday, February 28

9:00am - Women on Weights with Lauree W

11:00am - Yoga for Beginners with Jennifer W

5:30pm - Breathing & Meditation with Ryan W

## Saturday, March 2

8:30am - Barre Burner with Irish N

11:30am - Junior Boot Camp with Kena H



MARCH • APRIL 2019

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# ADVANCED TRAINING



[WWW.THEWAC.COM](http://WWW.THEWAC.COM)

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**MENOMONEE FALLS**