

workshops

Sunday Funday Workout

Series Workshop

Sunday, March 15 • 10:30am

Instructor: 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

HIIT Like a Girl

Thursday, March 19 • 6:30pm

Instructor: Maddie D and Jules P

Experience this dynamic, high intensity interval training circuit with a team of powerful women. With all its many benefits, HIIT is popular with everyone – especially women! Women's bodies react differently to HIIT, and their bodies should be trained to maximize efficiency. We'll discuss the research and science of HIIT, how women differ from men in this training program and how to HIIT like a Girl!

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

Strong by Zumba® Workshop

Friday, April 17 • 6:00pm

Instructor: Cindy V and Dalilah S

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

Race Day Ready Workshop

Saturday, April 18 • 9:30am

Instructor: Samantha R

Are you training for an endurance race this summer, whether it is a half marathon, marathon, or triathlon? Would you like to know how to best maximize your performance with proper training, nutrient timing, and massage? Find your peak performance by attending this workshop to help you get adequately prepared for race day, and properly recover so that you are ready for your next adventure!

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

Hip Hop Barre

Thursday, April 23 • 6:35pm

Instructor: Laura N

This fusion class focuses on having fun while working hard. Using Barre choreography taught to hip hop music, we'll keep our bodies moving and grooving. You can expect to get your hips swaying, rib cage popping and feet stepping with lots of sweat and so much swagger. Following class, join us in the Club Pub for a complimentary beverage.

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

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 24

6:00am - Tread & Train with Samantha R

8:00am - Glute Camp with Lisa W

5:30pm - Barre Burner with Jules P

Tuesday, February 25

5:00am - Barre Burner with Laura N

8:00am - Women on Weights with Lauree W

9:00am - Strong by Zumba® with Cindy V

3:30pm - Kids Yoga with Kena H

6:00pm - Total Core with Renny M

6:30pm - Adult Learn to Swim with Tim H

7:15pm - Ballroom Dance with Michael K

Wednesday, February 26

8:30am - Water Boot Camp with Matt L

9:05am - Barre Burner with Jules P

7:00pm - Water Boot Camp with Matt L

Thursday, February 27

5:45am - Glide Fit with Michael K

9:00am - Women on Weights with Lauree W

10:15am - Shred Feat. Combat with Marci G

4:30pm - Junior Boot Camp with Kena H

6:35pm - Hip Hop Barre with Laura N

Friday, February 28

7:00am - Glute Camp with Stacy R

Saturday, February 29

8:30am - Power Yoga with Tami F



ADVANCED TRAINING



MENOMONEE FALLS

FIND YOUR FIT.

MONDAY

7	6:00am-6:55am	≡
	Tread & Train • Samantha R	
7	8:00am-8:55am	▲
	Glute Camp • Lisa W	
4	5:30pm-6:00pm S1/S2	⌚
	TRX • Connie C	
7	5:30pm-6:25pm	◆
	Barre Burner • Jules P	
4	6:00pm-6:30pm S1/S2	★
	Shred feat. Row • Connie C	
4	7:00pm-7:30pm S1/S2	⌚
	TRX • Chris K	

TUESDAY

7	5:00am-5:55am	◆
	Barre Burner • Laura N	
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® • Cindy V	
4	9:30am-10:00am S1/S2	★
	Shred feat. Ropes • Luke F	
4	10:00am-10:30am S1/S2	⌚
	TRX for Beginners • Connie C	
7	3:30pm-4:00pm	◆
	Kids Yoga • Kena H	
4	5:30pm-6:30pm S1/S2	▲
	Power • Chris K	
7	6:00pm-6:55pm	◆
	Total Core • Renny M	
7	6:30pm-7:25pm	■
	Adult Learn to Swim • Tim H	
7	7:15pm-8:10pm	●
	Ballroom Dance • Michael K	

WEDNESDAY

7	5:15am-6:10am	▲
	Women on Weights • Mary Jo O	
7	8:30am-9:25am	■
	Water Boot Camp • Matt L	
7	9:05am-10:00am	◆
	Barre Burner • Jules P	
7	7:00pm-7:55pm	■
	Water Boot Camp • Matt L	

WAC MEMONOMONEE FALLS ROOM KEY

- Exercise Pool
- Lap Pool
- ≡ Fitness Floor
- ★ Functional Training Area
- ▲ Gym
- ◆ MindBody Studio
- Studio
- ⌚ TRX

MARCH • APRIL 2020

THURSDAY

7	5:45am-6:30am	■
	Glide Fit • Michael K	
7	9:00am-9:55am	●
	Women on Weights • Lauree W	
4	10:00am-10:30am S1/S2	⌚
	TRX for Beginners • Chris K	
4	10:15am-10:30am S1/S2	◆
	Shred feat. Combat • Marci G	
7	4:30pm-5:15pm	▲
	Junior Boot Camp • Kena H	
4	5:30pm-6:30pm S1/S2	★
	Power • Chris K	
7	6:35pm-7:30pm	◆
	Hip Hop Barre • Laura N	

FRIDAY

4	5:15am-5:45am S1/S2	★
	Shred feat. HIIT It • Laura N	
4	6:00am-6:30am S1/S2	≡
	Shred feat. Row • Connie C	
7	7:00am-7:45am	▲
	Glute Camp • Stacy R	

SATURDAY

4	8:00am-9:00am S1/S2	★
	Power • Chris K	
7	8:30am-9:25am	◆
	Power Yoga • Tami F	
4	9:00am-9:30am S1/S2	⌚
	TRX • Connie C	

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.

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!

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.

Glute Camp

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 each week.

Hip Hop Barre

This fusion class focuses on having fun while working hard. Using Barre choreography taught to hip hop music, we'll keep our bodies moving and grooving. You can expect to get your hips swaying, rib cage popping and feet stepping with lots of sweat and so much swagger.

Junior Boot Camp

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.

Kids Yoga

This class will safely introduce your child to Yoga in a fun and challenging way. We'll bark in downward dog, hiss in cobra pose and flutter our wings in butterfly while we take a Yoga journey that your child will never forget!

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.

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.

Total Core

This class uses total-body training to tone, sculpt and develop a stronger core. Challenge your entire mid-section by using a combination of gym toys and body weight to build a stronger core, alleviate low back and joint pain and enhance overall fitness.

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.

REG Member registration begins **Monday, February 17**
Non-Member registration begins **Tuesday, February 18**
Classes begin the week of **Sunday, March 1**

Water Boot Camp

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.

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.

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 1 - March 28

Session 2 (S2): March 29 - April 26

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

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.