

## FIND YOUR FIT.

MONDAY	
4	5:15am-5:45am (S1)(S2) ★ Shred • Laura N
7	6:00am-6:55am 🏊 Tread & Train • Pete K.
4	5:30pm-6:00pm (S1)(S2) ✖ TRX • Connie C
7	5:30pm-6:25pm ★ Extreme X • Harry E.
7	5:30pm-6:25pm ◆ PiYo • Irish N
7	6:00pm-6:55pm   Adult Learn to Swim • Cathy Z
4	6:00pm-6:30pm (S1)(S2) 🏊 Shred feat. Row • Connie C
4	7:00pm-7:30pm (S1)(S2) ✖ TRX • Chris K
4	7:10pm-7:40pm (S1)(S2)   GLIDE Fit HIIT • Jackie H
4	7:45pm-8:15pm (S1)(S2)   GLIDE Fit Yoga • Jackie H

TUESDAY	
4	8:00am-8:30am (S1)(S2) ✖ TRX • Connie C
7	8:00am-8:55am ▲ Women on Weights • Lauree W
7	8:00am-8:55am ◆ Barre Burner • Lisa W.
4	10:00am-10:30am (S1)(S2) ✖ TRX • Connie C
4	11:00am-11:30am (S1)(S2)   GLIDE Fit HIIT • Irish N
4	11:35am-12:05pm (S1)(S2)   GLIDE Fit Yoga • Irish N
7	12:00pm-12:55pm ◆ Fit & Fall Proof • Dean
4	5:30pm-6:30pm (S1)(S2) ★ Power • Chris K
7	6:00pm-6:55pm ◆ Barre Burner • Irish N

WEDNESDAY	
4	5:15am-5:45am (S1)(S2) ★ Shred • Laura N
7	5:15am-6:10am ▲ Women on Weights • Mary Jo O
7	9:05am-10:00am ◆ Barre Burner • Laura N
7	6:00pm-6:55pm 🏊 Row Fit • John H.
7	7:00pm-7:55pm   Iron Swim • Gina H

THURSDAY	
7	5:10am-6:00am 🏊 Climb Fit • Laura N
4	5:15am-5:45am (S1)(S2)   GLIDE Fit HIIT • Mike K
4	5:50am-6:20am (S1)(S2)   GLIDE Fit HIIT • Mike K
7	9:00am-9:55am ● Women on Weights • Lauree W
7	10:00am-10:55am ◆ Yoga for Beginners • Jenny W
4	5:30pm-6:30pm (S1)(S2) ★ Power • Chris K
7	6:30pm-7:25pm ▲ Use It or Lose It • Ben

## MAY • JUNE 2018

FRIDAY	
4	5:15am-5:45am (S1)(S2) ★ Shred • Laura N
4	6:00am-6:30am (S1)(S2) 🏊 Shred feat. Row • Connie C
4	9:00am-9:30am (S1)(S2)   Glide Fit Yoga • Danyel S
4	9:35am-10:05am (S1)(S2)   Glide Fit HIIT • Danyel S

SATURDAY	
4	8:00am-9:00am (S1)(S2) ★ Power • Chris K
4	9:00am-9:30am (S1)(S2) ✖ TRX • Connie C
7	9:00am-9:55am ★ OutFITT • John H.

SUNDAY	
4	11:00am-11:30am (S2)   GLIDE Fit HIIT • Jackie H
4	11:35am-12:05pm (S2)   GLIDE Fit Yoga • Jackie H

### WAC MEMONOMEE FALLS ROOM KEY

- ▶ Cycle
- Studio
- ◆ Mind|Body
- ▲ Court/Gym
- ★ Personal Training Area
- ✖ TRX
- Exercise Pool
- | Lap Pool
- 🏊 Outdoor Pool
- 🏊 Fitness Floor
- Conference Room
- \* Outside



## try•itweek

Try complimentary Advanced classes, introductory classes and more!

### Monday, April 23

6:00AM • Tread & Train with *Pete K.*  
5:30PM • Extreme X with *Harry E.*  
5:30PM • PiYo with *Irish N*  
6:00PM • Adult Learn to Swim with *Cathy Z*

### Tuesday, April 24

8:00AM • Barre Burner with *Lisa W.*  
8:00AM • Women on Weights with *Lauree W*  
12:00PM • Fit & Fall Proof with *Dean*  
6:00PM • Barre Burner with *Irish N*

### Wednesday, April 25

5:15AM • Women on Weights with *Mary Jo O*  
9:05AM • Barre Burner with *Laura N*  
6:00PM • Row Fit with *John H.*  
7:00PM • Iron Swim with *Gina H*

### Thursday, April 26

5:15AM • Climb Fit with *Laura N*  
9:00AM • Women on Weights with *Lauree W*  
10:00AM • Yoga for Beginners with *Jenny W*  
6:30PM • Use It or Lose It with *Ben*

### Saturday, April 28

9:00AM • OutFITT with *John H.*

REG Member registration begins **Monday, April 9**  
Non-Member registration begins **Tuesday, April 10**  
Classes begin the week of **Sunday, April 29**

## 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 better your technique? This 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. (Offered at Beginner and Intermediate Level)

### 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 that you have always wanted without feeling like you have two left feet!

### **NEW** Climb Fit

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

### Iron Swim

Take your swimming to the next level in this class led by two IRONMAN® finishers. We will guide you through specialized drills to refine your strokes and maximize speed. At the end of this session, you will be able to swim longer with greater ease and enjoyment.



## workshops

### May The 4th Be With You Workshop

Friday, May 4 • 6:00pm

Instructor: Aimee H

Do or do not. There is no try. Push yourself past what you ever thought possible. Led by a Personal Trainer, this workout challenges you both physically and mentally to improve your cardiovascular fitness and increase your strength so you can make the Kessel Run in less than 12 Parsecs.

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

### Runners Analysis Workshop

Saturday, May 5 • 11:00am

Instructor: Jesse K and Alissa E.

This class will cover a comprehensive analysis of postural/movement screens related to the runners stride, as well as mobility drills, stability work and strengthening exercises to help you prevent injury, make you more efficient, and make you a stronger, faster runner. Sign up for 15 minute time slots.

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

### Golf Conditioning

Tuesday, May 8 • 6:00pm

Instructor: Michael D

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

### Women's Health

#### Series Workshop

Wednesday, May 9 • 6:30pm

Instructor: Jackie H

Join us for a workshop series where we'll cover important health topics. From metabolism, weight gain and strength training to aging, menopause and more, each session, we'll dive in to a new subject on women's health and wellness.

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

### 3on3 Basketball Tournament

Saturday, May 12 • 12:00pm

Saturday, June 9 • 12:00pm

Tournaments will consist of two 15-20-minute halves. A champion will be awarded a prize, as well as club bragging rights.

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

### Bike to the Barre

Friday, May 18 • 6:15pm

Instructor: Chris K and Laura N.

This Friday workout is sure to get you moving! Come feel strong and work up a sweat in a 30-minute cycle class before heading to the barre for 30 minutes of stretching and lengthening your muscles. Afterwards we will head to the Club Pub for drinks.

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

### Self Care Workshop Series

*Neck, Shoulder & Release Workshop*

Saturday, May 19 • 12:00pm

*Pec Release Workshop*

Saturday, June 16 • 12:00pm

Instructor: Joey K

Do you feel pressure or pain in your body from stress or work? These Instructor-led workshops are designed to increase range of motion, improve posture and help ease discomfort in the body. Learn how to care for your body through a warm-up, manual massage techniques, massage ball trigger point release and gentle stretching in our four-part workshop series: Lower Back & Hip Release Workshop; Neck, Shoulder & Back Release Workshop; Pec Release Workshop; Limbs, Hands & Feet Release Workshop.

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

### MS Cycle For A Cure

Saturday, May 19 • 12:30pm

Instructor: Connie C

Many of us have been affected by Multiple Sclerosis, whether it be a family member, friend, neighbor or co-worker. Come and support the cause, get in a good workout and have some fun! There will be raffles during the ride and complimentary chair massages and kinesotaping demonstrations in the lobby. We invite you to join us in the Club Pub after your workout.

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

### Sweat, Sip

#### & Social Workshop

#### Series

*TRX Yoga Workshop*

Wednesday, May 16 • 6:15pm

Instructor: Jackie H

*Poolside Yoga*

Thursday, June 28 • 6pm

with Chris K

Join us in this workout series 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

## 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):** April 29-May 25

**Session 2 (S2):** June 3-30

### 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.

### Glide Fit HIIT

Take your functional cross-training to the next level with this High Intensity Interval class. We've combined the power of plyometric training and added a dash of strength training to create this fun, yet challenging class. This class is the perfect training supplement for athletes and exercise enthusiasts. In this class, explore new functional methods of building strength, stamina, and mobility. Let's see what you're made of on the water.

### Glide Fit Yoga

Taking your yoga practice to a new level of intention. No longer can you go through the motions of your Sun Salutation while checking out mentally with the comfort of a firm foundation under you. Practicing on the fit float requires the yogi's full attention, mind, body, and soul in order to move seamlessly from one posture to the next while maintaining their balance. This yoga class will start off slow centering and familiarizing you to the Fit Float using alignment techniques to set you up for success. You'll flow gradually into more challenging postures, utilizing your breath, with the option to modify if necessary. Vinyasa style is encouraged to mindfully breath into postures providing a sense calm to your practice on the water. Just like the ebb and flow of water, the practice will build gradually and then return you to your Savasana.



### 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.

## 7weekcontinued

### **NEW!** Extreme X

Push yourself past what you ever thought possible. Led by a personal trainer, this class takes traditional interval training to a new level with long bursts of maximum intensity exercise and short periods of rest. Workouts will include cardio and plyometric exercises with intervals of power, resistance, strength and core training. The more variety you include in your workout, the better and faster your results will be.

### **NEW!** Fit and Fall Proof

Have you fallen in the past or do you have a fear of falling? This workshop is for active agers who want to explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

### **NEW!** OutFITT

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

### 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!

### 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.



### 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.

### **NEW!** 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.

### **NEW!** Use it or Lose it

Congratulations on completing the Lose It Challenge! Celebrate all your new healthy habits in this 7-week progressive class. Stay accountable and on track with your fellow Lose It participants.

MAY • JUNE 2018

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# A

## ADVANCED TRAINING



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