

MAY • JUNE 2019

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## ADVANCED TRAINING



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

N91W15700 FALLS PARKWAY • 262.255.5700



MENOMONEE FALLS

# workshops

## Cinco de Mayo Zumbathon Workshop

Friday, May 3 • 5pm

Instructor: Cindy & Dalilah

Come join our fabulous Zumba Instructors for a dance party celebrating Cinco de Mayo. Afterwards, meet up in the Club Pub for tacos and a margarita.

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

## Find the Magic in Strength Training Workshop

Friday, June 7 • 6:45pm

Instructor: Renny M

From Superset, Pyramid, Circuit and AMRAP, discover the magic of strength training. Using a mix of strength techniques will help speed up your metabolism and aid in weight loss. Avoid plateaus, beat boredom and sculpt the body you've always wanted. All levels are welcome; so, come join us for this workshop...it will be MAGIC.

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

## Kinesiology Taping Workshop: Hip & Lower Back

Monday, June 3 • 6:30pm

Instructor: Laura B

Wednesday, June 12 • 10:30am

Instructor: Laura B

Saturday, June 29 • 10:00am

Instructor: Laura B

Learn about the kinesiology tape you've seen on professional and Olympic athletes. We'll lead you through a brief introduction about what kinesiology tape can do for you, focusing on recovery aid and treatment for injuries. Then we'll guide you through a hands-on session where you'll partner up and learn how to apply the tape.

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

## Kinesiology Taping Workshop: Shoulder

Monday, May 6 • 6:30pm

Instructor: Laura B

Saturday, May 11 • 10:00am

Instructor: Laura B

Wednesday, May 15 • 10:30am

Instructor: Laura B

Learn about the kinesiology tape you've seen on professional and Olympic athletes. We'll lead you through a brief introduction about what kinesiology tape can do for you, focusing on recovery aid and treatment for injuries. Then we'll guide you through a hands-on session where you'll partner up and learn how to apply the tape.

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

## Mindful Munchkins Workshop

Sunday, May 5 • 11:45am

Instructor: Kena H

In this course, children ages 4-6 will develop tools to help focus on the present moment and recognize emotions. An hour will be spent observing senses, performing basic Yoga poses, practicing meditation, and fostering kindness toward themselves and others. The little munchkins will have additional fun with relevant games and stories along with exploration of their individual creativity.

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

## Mom & Toddler Yoga Workshop

Sunday, May 12 • 11:30am

Instructor: Irish N

Have some fun enhancing the bond between you and your toddler during this Yoga workshop. Set happy, healthy examples together as we practice fun, creative play with breath work, balance, trust and flexibility. This is great for building confidence and beginning the life-long love of fitness. Ages 2-5.

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

## Poolside DJ Cycle Party Workshop

Wednesday, June 26 • 7:00pm

Instructor: Chris K

DJ: Deric

Ignite your Cycle workout with heart-pumping beats. Join us out on the deck for a poolside cycle party featuring music from a live DJ. After the workout, stop for a drink as the party continues at the Club Pub.

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

## Runners Analysis Workshop

Saturday, May 18 • 11:00am

Instructor: Samantha R

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.

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

## Sweat, Sip & Social Workshop Series

Climb Fit Workshop

Friday, May 17 • 5:30pm

Instructor: Samantha R

Tabata Barre Workshop

Friday, June 14 • 6:30pm

Instructor: Laura N

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

## try•itweek

Try complimentary Advanced classes, introductory classes and more!

**Monday, April 22**

6:00am - Tread & Train with Samantha R

10:15am - Barre Burner with Lisa W

5:30pm - PiYo with Irish N

6:00pm - Adult Learn to Swim with Catherine Z

**Tuesday, April 23**

5:00am - Barre Burner with Laura N

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

**Wednesday, April 24**

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

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

8:30am - Water Boot Camp with Matt L

9:05am - Barre Burner with Irish N

7:00pm - Fit Swim with Gina H

**Thursday, April 25**

9:00am - Women on Weights with Lauree W

11:00am - Yoga for Beginners with Jennifer W

5:30pm - BOSU Barre with Sara H

6:30pm - Use It or Lose It with Maddie D

**Friday, April 26**

6:00am - Race Day Ready with Samantha R

**Saturday, April 27**

8:30am - Barre Burner with Irish N

11:30am - Junior Boot Camp with Kena H

**Sunday, April 28**

## Tween Yoga Workshop

Wednesday, May 8 • 4:15pm

Instructor: Kena H

This workshop will introduce pre-teens, ages 7-12, to the basic practices of Yoga. The poses introduced will help tweens gain balance, flexibility, strength, proper alignment and breathing techniques—all the elements for a safe and lasting Yoga journey at a young age.

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

## Yoga for Runners Workshop

Saturday, May 18 • 12pm

Instructor: Jenny W

This workshop is designed for runners looking to increase flexibility and range of motion, build core strength and improve breathing, balance, and posture. Yoga is a great way to lengthen and strengthen muscles and joints used in running that will help you build stamina and avoid injury. Overall, Yoga helps restore balance to the body making it a valuable compliment to running. Fee: \$20 member | \$25 non-member

8:30am - Prenatal Yoga with Jackie H

10:15am - Use It or Lose It with Matt L

**Monday, April 29**

5:00am - Shred feat. HIIT It with Cody D

9:30am - Shred feat. HIIT Mix with Chris K

10:00am - TRX with Chris K

5:30pm - TRX with Connie C

6:00pm - Shred feat. Row with Connie C

7:00pm - TRX with Chris K

**Tuesday, April 30**

8:00am - TRX with Connie C

10:00am - TRX with Connie C

5:30pm - Power with Chris K

**Wednesday, May 1**

5:00am - Shred feat. HIIT It with Cody D

**Thursday, May 2**

10:00am - TRX for Beginners with Chris K

5:30pm - Power with Chris K

**Friday, May 3**

5:00am - Shred feat. HIIT It with Cody D

6:00am - Shred feat. Row with Connie C

**Saturday, May 4**

8:00am - Power with Chris K

9:00am - TRX with 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.

### 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!

### BOSU Barre **NEW!**

Challenge your core strength in this BOSU and barre workout. Learn to improve your balance and flexibility while you increase your control and power. This progressive 7-week class is an excellent challenge and a perfect way to cross-train.

### 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

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!

### 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.

### Race Day Ready **NEW!**

Are you training for an endurance race this summer? Would you like to know how to best maximize your performance with proper training and nutrient timing? Find your peak performance by attending this progressive class led by running enthusiasts that are certified fitness and nutrition professionals. Whether it's a 5K or a full marathon, they will help you get prepared for race day and teach you how to properly recover so you are ready for your next adventure!

### 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.

### Use It or Lose It **NEW!**

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.

### Water Boot Camp **NEW!**

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.

### 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): May 5 - June 3**

**Session 2 (S2): June 4 - July 6**

### 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

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 bodyweight exercises on the TRX straps to transform your body.

### TRX for Beginners **NEW!**

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 bodyweight exercises on the TRX strap to transform every skill level and age. This class is geared towards beginners and will focus on TRX fundamentals to deliver a solid workout.



## 21day

Class meets twice a week for 21 days  
21-Day Fee: \$49 member | \$99 non-member

### 21 Day Body Transformation

Want to jump start your journey toward a lean, strong body and healthier eating? Let us show you how in less than a month! We will take all the guess work out of it. The program includes (2) 30-minute group workouts per week, a nutrition plan to help maximize your results and all the support you will need. Classes meet twice a week for 21 days.

## FIND YOUR FIT.

## MAY • JUNE 2019

MONDAY	
4	5:00am-5:30am S1/S2 ★ Shred feat. HIIT It • Cody D
7	6:00am-6:55am ☰ Tread & Train • Samantha R
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
21	6:00pm-6:30pm ★ 21-Day Body Transf • Laura N
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
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

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	6:00am-6:55am █ Adult Learn to Swim • Andrea C
7	8:30am-10:25am █ Water Boot Camp • Matt L
7	9:05am-10:00am ◆ Barre Burner • Irish N
21	6:00pm-6:30pm ★ 21-Day Body Transf • 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
7	9:00am-9:55am ● Women on Weights • Lauree W
4	10:00am-10:30am S1/S2 ☾ TRX for Beginners • Chris K
7	11:00am-11:55am ◆ Yoga for Beginners • Jennifer W
7	5:30pm-6:30pm ◆ BOSU Barre • Sara H
4	5:30pm-6:30pm S1/S2 ★ Power • Chris K
7	6:30pm-7:25pm ▲ Use It or Lose It • Maddie D

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
7	6:00am-6:55am ☰ Race Day Ready • Samantha R

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

SUNDAY	
7	8:30am-9:25am ◆ Prenatal Yoga • Jackie H
7	10:15am-11:10am ▲ Use It or Lose It • Matt L

### WAC MENOMONEE FALLS ROOM KEY

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

**REG** Member registration begins **Monday, April 15**  
**Non-Member** registration begins **Tuesday, April 16**  
**Classes** begin the week of Sunday, **May 5**