



ADVANCED TRAINING NOVEMBER & DECEMBER



Barre Burner

Mind|Body Studio | 7 week

Mondays • 9:15-10:10am with Jules P

Tuesdays • 5:15-6:10am with Laura N

Wednesday • 6:45-7:40pm with Laura N

Glide Fit

Lap Pool | 7 week

Thursdays • 5:45-6:30am with Mike K

Glute Camp

Studio | 7 week

Tuesdays • 6:00-6:55pm with Lisa W

Fit & Fall Proof

Gym/Court | 7 week

Fridays • 10:15-11:10am with Lauree W

Healthy Back Series

Studio | 7 week

Mondays • 11:00-11:55am with Susan P

Power

Gym | 4 week | Session 1 & 2

Tuesdays • 5:30-6:30pm with Chris K

Thursdays • 5:30-6:30pm with Chris K

Power Yoga

Mind|Body Studio | 7 week

Saturdays • 8:30-9:25am with Tami F

Strong Nation

Gym | 7 week

Tuesdays • 9:10-10:05am with Dalilah S & Cindy V

Tabata in the Pool

Exercise Pool | 7 week

Wednesdays • 5:10-5:55pm with Cindy V

Thursdays • 9:00-9:45am with Cindy V

Total Core

Mind|Body Studio | 7 week

Mondays • 5:45-6:40pm with Renny M

Women on Weights

Gym | 7 week

Tuesdays • 8-8:55am with Lauree W

Wednesdays • 5:30-6:25am with Jennifer M

Thursdays • 9-9:55am with Lauree W - Studio | 7 week

Water Boot Camp

Exercise Pool | 7 week

Mondays • 9:15-10:00am with Dalilah S



ADVANCED TRAINING Registration Information

Do you have questions or want to register for Advanced Training? Talk to our Instructors listed below via email or catch them in the lobby at these times.

Barre Burner

Contact Laura directly at Inewman@thewac.com for Tuesday or Wednesday's class

Contact Jules directly at jphilippi@thewac.com for Monday's class.

Fit & Fall Proof

Contact Lauree at lwright@thewac.com

Glide Fit

Mike will be available in the Lobby Thursday, October 22 • 6:45am

Glute Camp

Lisa will be available in the Lobby Tuesday, October 20 • 10:15am

Healthy Back Series

Susan will be in the Lobby Monday, October 26 • 12:00pm or contact spokorny@thewac.com

Power

Contact Chris directly at ckloss@thewac.com

Power Yoga

Tami will be in the Lobby on Saturday, October 31 • 9:45am

or contact tfuiten@thewac.com.

Tabata in the Pool

Cindy will be available in the Lobby Saturday, October 24 • 10:00-11:00am

Total Core

Contact Renny Mayer at rmayer@thewac.com

Strong Nation

Cindy and Dalilah will be in the Lobby on Tuesday, October 27 • 10:00am

Water Boot Camp

Dalilah will be in the Lobby Saturday, October 24 • 9:00am and Monday, October 26 • 10:00-11:00am

Women on Weights

Contact Lauree at lwright@thewac.com for Tuesday or Thursday's class

Jennifer will be in the Lobby on Monday, October 19 • 4:30-5:15pm and Wednesday, October 28 • 6:45-7:15am or contact jmiller@thewac.com for Wednesday's class

Register for Advanced Training in the Lobby with your Instructor

7 Week

Classes meet once a week for a 7-week session

7-Week Fee: \$70 member | \$105 non-member
Drop-In Fee: \$15 member | \$20 non-member

4 Week

Classes meet once a week for a 4-week session

4-Week Hour Fee: \$90 member | \$110 non-member
Hour Drop-In Fee: \$25 member | \$30 non-member

MENOMONEE FALLS

MENOMONEE FALLS