



**Barre Burner**

**Mondays • 9:15-10:10am** with Jules P  
Mind|Body Studio | 7 week  
**Tuesdays • 5:15-6:10am** with Laura N  
Mind|Body Studio | 7 week

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**

**Thursdays • 5:45-6:30am** with Michael K  
Lap Pool | 7 week

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**

**Tuesdays • 10:15-11:10am** with Lisa W  
Gym/Court | 7 week

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.

**Power**

**Tuesdays or Thursdays • 5:30-6:30pm** with Chris K  
Gym/Outside | 4 week | Session 1 & 2  
**Saturdays • 8-9am** with Chris K  
Gym/Outside | 4 week | Session 1 & 2

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.

**Power Yoga**

**Saturdays • 8:30-9:25am** with Tami F  
Mind|Body Studio | 7 week

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.

**Tabata in the Pool**

**Wednesdays • 5:10-5:55pm** with Cindy V  
Exercise/Outdoor Pool | 7 week

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

**Total Core**

**Mondays • 5:55-6:50pm** with Renny M  
Mind|Body Studio | 7 week

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.

**Women on Weights**

**Tuesdays • 8-8:55am** with Lauree W  
Gym/Outside | 7 week  
**Wednesdays • 5:30-6:25am** with Mary Jo O  
Gym/Outside | 7 week  
**Thursdays • 9-9:55am** with Lauree W  
Studio/Outside | 7 week

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.

**Runner Analysis Workshop**

**Saturday, September 19 • 9:30am-10:25am** with Sam R  
Fitness Floor

**Aqua Zumba Glowstick Party Workshop**

**Thursday, October 22 • 7-8pm** with Cindy V and Dalilah S  
Exercise Pool

**BOSU Barre Workshops**

**Thursday, September 24 • 6pm and Thursday, October 15 • 6pm** with Irish N  
Mind|Body Studio

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 Half-Hour Fee: \$45 member | \$65 non-member  
4-Week Hour Fee: \$90 member | \$110 non-member  
Session 1 (S1) begins September 8  
Session 2 (S2) begins October 6

MENOMONEE FALLS



**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**

Email Jules at [jphilippi@thewac.com](mailto:jphilippi@thewac.com)  
or Laura at [lnewman@thewac.com](mailto:lnewman@thewac.com)

**Glide Fit**

Meet Mike in the lobby Thursday, August 27 • 6:30am-7:30am

**Glute Camp**

Meet Lisa in the lobby Tuesday, September 1 • 11:30am-12:30pm

**Power**

Contact Chris Kloss directly at [ckloss@thewac.com](mailto:ckloss@thewac.com)

**Power Yoga**

Meet Tami in the lobby on Saturday, August 29 • 9:30-10:30am

**Tabata in the Pool**

Meet Cindy in the lobby Saturday, August 22 • 10:15-11:30am

**Total Core**

Email Renny at [rmayer@thewac.com](mailto:rmayer@thewac.com)

**Women on Weights**

Email Lauree at [lwright@thewac.com](mailto:lwright@thewac.com)  
or meet Mary Jo in the lobby on Tuesday, August 17 • 6:30-8:00am