



premium

CLASS SCHEDULE

JULY - AUGUST

7-WEEK CLASSES

Ai Chi <i>Mind Body Studio</i> Mondays • 9:15-10:15am with Susan	Restorative Yoga <i>Studio</i> Thursdays • 10:15-11:10am with Susan
Barre Sculpt <i>Mind Body Studio</i> Wednesdays • 9:30-10:30am with Irish Thursdays • 6-6:55pm with Irish	Tabata in the Pool <i>Outdoor Pool / Exercise Pool</i> Wednesdays • 5:10-5:55pm with Cindy Thursdays • 9-9:45am with Cindy
Glide Fit <i>Lap Pool</i> Thursdays • 5:45-6:40am with Mike	Triple Threat <i>Outdoors / Mind Body Studio</i> Mondays • 5:45-6:40pm with Renny
Junior Bootcamp <i>Ages 9-15</i> <i>Outdoors / Functional Training Room</i> Thursdays • 5:30-6:30pm with Beth	Women on Weights <i>Outdoors / Gym</i> Tuesdays • 8-8:55am with Lauree Wednesdays • 5:30-6:25am with Jennifer Wednesdays • 6:30-7:25am with Jennifer Thursdays • 9-9:55am with Lauree
OutFITT <i>Outdoors / TRX Area</i> Wednesdays • 5:30-6:30pm with Irish	Water Boot Camp <i>Outdoor Pool / Exercise Pool</i> Mondays • 9:15-10am with Dalilah
Power Yoga <i>Mind Body Studio</i> Saturdays • 8:30-9:25am with Tami	

4-WEEK CLASSES

HIIT Cardio meets HIIT and Lift <i>Outdoors / Gym Session 1 & 2</i> Tuesdays or Thursdays • 5:30-6:30pm with Chris Formerly known as Power	TRX <i>Fitness Floor</i> Mondays • 6:30-7pm with Chris Tuesdays • 9-9:30am with Connie
HIIT Cardio <i>Outdoors / Fuctional Training Room</i> Thursdays • 8:30-9am with Danyel	TRX for Beginners <i>Fitness Floor</i> Wednesdays • 10:30-11am with Chris

Classes meet once a week for a 4-week session
 Half-Hour Fee: \$50 member | \$70 non-member
 Drop-In Fee: \$20 member | \$25 non-member
 Hour Fee: \$95 member | \$115 non-member
 Drop-In Fee: \$30 member | \$35 non-member

Classes meet once a week for a 7-week session
 Fee: \$75 member | \$110 non-member
 Drop-In Fee: \$15 member | \$20 non-member
Registration Dates
 June 13 - member registration begins
 June 14 - non-member registration begins



REGISTRATION INFORMATION FOR PREMIUM CLASSES

Ai Chi spokorny@thewac.com

Ai Chi is a combination of deep breathing and slow broad movements using concepts of Tai Chi to improve balance, core stabilization and flexibility. In addition to controlled breathing and range-of-motion, this class will use the Pilates principles of control, precision and proprioceptive neuromuscular facilitation patterns to promote balance and improved walking.

Barre Sculpt inagel@thewac.com

Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.

Glide Fit mkohnle@thewac.com

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.

Junior Bootcamp bmettler@thewac.com

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.

OutFITT inagel@thewac.com

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainer 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!

Power Yoga tfuiten@thewac.com

Taught with an athletic approach, Power Yoga follows the flow of breathing through a sequence of interweaving asanas. Sequences emphasize balance and core strengthening exercises.

Restorative Yoga spokorny@thewac.com

Could you use more calm in your daily routines? Would you like to learn to let go of tension in your body and completely find rest? Restorative Yoga is a practice that incorporates the use of props and the natural pull of gravity to support the body and increase mobility of joints and ligaments. Restorative yoga is a gentle practice that gives you the space and time to explore yoga poses to see where you are holding tension in your body and gently work into the deeper tissues and fascia. Most restorative poses are done seated on the floor with the use of bolsters, blankets, straps and blocks and is designed to bring on recovery and restoration of your mind and body.

Tabata in the Pool jselestow@thewac.com

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.

Triple Threat rmayer@thewac.com

This course is designed to help you to tone, pump and tighten your body. We will target muscle groups with a variety of exercises designed to get results. Boost your body image and confidence level as you head to the office or for a night out on the town!

Women on Weights

5:30 & 6:30am - jmiller@thewac.com
 8am & 9am - lwright@thewac.com

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

Water Boot Camp jselestow@thewac.com

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.

HIIT Cardio meets HIIT and Lift ckloss@thewac.com

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.

HIIT Cardio jselestow@thewac.com

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

9am - jselestow@thewac.com
 6:30pm - ckloss@thewac.com

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 ckloss@thewac.com

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.

Sign up by emailing Jenna at jselestow@thewac.com, the instructor directly, or visit the Front Desk.



JULY-AUGUST

WORKSHOPS

Fit Ball Fusion*

Gym with Renny

Friday, July 8 • 5:45-6:45pm

Fit Ball Fusion is a unique approach to the group fitness genre. By using a large stability ball as a prop, we will increase stamina and burn fat, while strengthening and sculpting your muscles. This dynamic style includes high-energy music to motivate and inspire creativity throughout the class. Come join this highly effective and fun workout for all fitness levels. After class enjoy a complimentary drink at the Club Pub.

Balance and Stability 101

Studio with Kathy

Tuesday, July 12 • 10:30-11:15am

Complimentary

This is a moderate-intensity strength training class focuses on joint rehabilitation, balance, postural alignment and core stabilization by using a variety of equipment pieces. Our 101 workshops are meant for those who haven't taken this class before and would like to learn more about it.

Cycle 101

Cycle Studio with Chrissy

Tuesday, July 12 • 4:45-5:30pm

Complimentary

Feel the rhythm of the ride in this indoor cycling class. Discover new goals as our Instructors guide you through a variety of rides set to the beat of invigorating music. Increase your cardiovascular strength, endurance and stamina while burning major calories. Our 101 workshops are meant for those who haven't taken this class before and would like to learn more about it.

Poolside Yoga*

Outdoor Pool Deck with Chris

Wednesday, July 13 • 7-7:45pm

Let's take some time to stop, be still, reflect and even dip our feet in the pool as we glide through a Yoga practice that heightens our inner-awareness of where we've been and what's to come. All levels of Yoga practice are welcome.

Water Boot Camp

Outdoor Pool with Dalilah

Friday, July 14 • 6:30-7:30pm

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.

Cardio Combat

Gym with Jen

Monday, July 18 • 4:15-5:15pm

Monday, July 25 • 6:30-7:30pm

This high-intensity training class is for all fitness levels. The combination of agility, sports conditioning, boxing and kick boxing with adrenaline-pumping music will increase your fat-burning potential, increase strength, improve posture and coordination and reduce stress.

Hydration for Health

Conference Room with Nicole

Tuesday, July 19 • 11:45am-1pm

Keeping your body hydrated is key for improving health, mental clarity and to optimize your workouts. With the multitude of products out there claiming to be healthy, what do you choose? This workshop will help you decide what is needed to stay hydrated and happy this summer.

Deck Splash and Dance

Outdoor Pool with Dalilah and Cindy

Thursday, July 28 • 5:30-6:30pm

Join us as Aqua Zumba® and land Zumba® collide in one amazing evening! Aqua Zumba swimmers will splash in the pool and the Zumba dancers will groove on the deck at the same time, all while jamming out to the same playlist. Choose where you'd like to be or try a little of each. This is a party not to be missed!

Ringside & Ropes*

Functional Training Space with Kena and Jenna

Friday, August 5 • 5-6pm

This workshop will take you through a combination of powerful moves on our boxing bags paired with a variety of exercises using battle ropes. Join us for a full-body workout that combines high-intensity cardio and resistance training that will be sure to leave you breathless and feeling powerful!

Water Games Challenge

Outdoor Pool with Cindy

Thursday, August 18 • 5:30-6:30pm

Join us for a great workout by playing games in the water! Let's shake up and challenge our water exercises that will include floating corn hole, ring toss, noodle race, relays, Frisbee float, and a soft touch basketball shooting contest.

Healthy Mindfulness for Families

Gym with Susan (ages 4+) Kids are Free

Sunday, August 14 • 10:30-11:30am

Bring the kids or grandkids and join us for some fun, interactive activities to strengthen mindfulness in your family. Everyone can participate with kid-friendly exercises for nurturing compassion and self-awareness to bring more calm into our busy world. We'll explore our five senses and gratitude in this hands-on workshop. Best suited for children ages 4 and up who are able listen and follow directions

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

*Workshop Plus Fee: \$25 member | \$30 non-member

Register for Workshops at the Front Desk

Menomonee Falls

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www.thewac.com