

FIND YOUR FIT.

JULY • AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:30am BODYPUMP® ●	5:00am-6:00am BODYPUMP® ●	5:30am-6:30am BODYPUMP® ●	5:00am-6:00am BODYPUMP® ●	5:30am-6:30am BODYPUMP® ●	7:00am-7:45am Cycle ▶
5:45am-6:30am Cycle ▶	5:15am-6:10am Interval ▲	5:45am-6:30am Cycle ▶	5:15am-6:10am Interval ▲	6:00am-6:55am Yoga ◆	7:15am-8:15am BODYPUMP® ●
8:00am-8:45am Cycle ▶	5:45am-6:30am Cycle ▶	8:00am-8:55am Yoga ◆	5:45am-6:30am Cycle ▶	8:00am-8:55am Interval ▲	7:30am-8:25am Interval ▲
8:00am-8:55am Yoga ◆	6:00am-6:55am Yoga ◆	8:30am-9:00am Boot Camp EXPRESS ▲	6:00am-6:55am Yoga ◆	8:30am-9:15am Cycle ▶	7:30am-8:25am Yoga ◆
9:00am-10:00am BODYPUMP® ●	9:00am-9:45am Cycle ▶	9:00am-10:00am BODYPUMP® ●	8:00am-8:45am Yoga LITE ●	8:30am-9:25am Yoga ◆	8:00am-8:45am Cycle ▶
9:00am-9:55am Interval ▲	9:00am-9:55am Pilates ◆	9:00am-9:30am Cycle EXPRESS ▶	8:00am-8:55am Strength ▲	9:00am-10:00am BODYPUMP® ●	8:30am-9:00am Core ▲
9:15am-10:00am Pilates ◆	9:00am-9:55am Yoga LITE ●	9:30am-10:00am Yoga EXPRESS ▶	9:00am-9:45am Cycle ▶	9:00am-9:55am Zumba® ▲	8:30am-9:30am BODYPUMP® ●
10:00am-10:55am Strength LITE ▲	10:00am-10:55am Zumba® ▲	10:15am-11:10am Cardio Kickboxing ●	9:00am-9:55am Pilates ◆	10:00am-10:55am Pilates ◆	9:00am-9:45am Cycle ▶
11:00am-11:55am Zumba Gold® ●	10:05am-10:35am Core ◆	10:15am-11:10am Strength LITE ▲	9:00am-9:55am Strength LITE ▲	10:00am-10:55am Strength LITE ▲	9:35am-10:30am Yoga ◆
12:15pm-12:45pm BODYPUMP® EXPRESS ●	10:15am-11:10am Step Fusion ●	10:35am-11:20am Stretch ◆	10:00am-10:55am Zumba® ▲	10:15am-11:00am Chair Yoga ●	9:45am-10:45am BODYPUMP® ●
5:00pm-5:45pm Cycle ▶	12:00pm-1:00pm BODYPUMP® ●	12:00pm-12:45pm Yoga ●	10:05am-11:00am Step Fusion ●	11:00am-11:45am Stretch ◆	10:10am-11:05am Zumba® ▲
5:30pm-6:25pm Cardio Circuit ▲	4:30pm-5:25pm Zumba® ▲	1:00pm-1:45pm Chair Yoga ●	12:00pm-1:00pm BODYPUMP® ●	4:15pm-5:15pm BODYPUMP® ●	11:00am-11:55am Yoga ◆
5:30pm-6:30pm BODYPUMP® ●	4:30pm-5:30pm BODYPUMP® ●	5:00pm-5:55pm Zumba® ▲	5:00pm-6:00pm BODYPUMP® ●	5:30pm-6:25pm Yoga ◆	11:00am-12:00pm BODYPUMP® ●
6:00pm-6:45pm Cycle ▶	4:45pm-5:40pm Pilates ◆	5:15pm-6:00pm Pilates ◆	5:30pm-6:15pm Cycle ▶	5:35pm-6:35pm BODYPUMP® ●	
6:30pm-7:25pm Zumba® ▲	5:30pm-6:15pm Cycle ▶	5:25pm-6:25pm BODYPUMP® ●	5:30pm-6:25pm Step Fusion ▲		SUNDAY
6:40pm-7:40pm BODYPUMP® ●	6:00pm-7:00pm BODYPUMP® ●	5:30pm-6:15pm Cycle ▶	6:10pm-7:10pm BODYPUMP® ●		7:00am-7:45am Boot Camp ▲
7:00pm-7:55pm Yoga ◆	7:05pm-8:00pm Yoga ◆	6:15pm-7:10pm Cardio Circuit ▲			7:30am-8:25am Yoga ◆
		7:00pm-7:55pm Yoga ◆			8:00am-9:00am BODYPUMP® ●
					9:00am-9:45am Cycle ▶
					9:00am-9:55am Zumba® ▲
					9:15am-10:15am BODYPUMP® ●
					9:30am-10:25am Cardio Kickboxing ◆
					10:30am-11:25am Yoga ◆
					10:35am-11:35am BODYPUMP® ●

WAC MENOMONEE FALLS ROOM KEY

- ▶ Cycle Studio
- ★ Functional Training Area
- ▲ Gym/Court
- ◆ Mind|Body Studio
- Studio

LITE - With Lower Intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.

EXPRESS - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

CARDIO

Boot Camp

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

Cardio Circuit

Get plugged into this circuit format class. There's no tricky choreography- just challenging and fun stations featuring cardio, muscle conditioning and balance training exercises.

Cardio Kickboxing

Come prepared to engage and tone your muscles in this high intensity, boxing inspired workout. Punches, kicks and athletic drills will be incorporated to create a workout sure to shred.

Interval

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

Step Fusion

This class takes our popular step workout and combines it with the benefits of muscle conditioning to give you the most out of your cardio workout. Expect to use a variety of sculpting equipment.

CYCLE

Cycle

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere.

*Pre-registration is required.

GROOVE

Zumba®

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

Zumba® Gold

In this class, the Zumba you love is set at a lower intensity designed to improve balance, strength and flexibility. This is great for beginners and seniors!

MIND|BODY

Chair Yoga

This gentle form of yoga builds strength as you focus on breathing and poses to empower the mind, body and spirit. A chair will be incorporated into the class.

Pilates

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

Stretch

This full-body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis.

Yoga

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

STRENGTH

BODYPUMP®

BODYPUMP is a barbell training class designed to give you maximum results in the shortest amount of time. Low on complexity with all the benefits of weight training. Increase strength and metabolism with a great total body workout.

*Pre-registration is required.

Core

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

Strength

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

WATER

Complimentary Water classes can be found in the Water schedule or on the Interactive Schedule at schedule.thewac.com



COMPLIMENTARY CLASSES



MENOMONEE FALLS



WWW.THEWAC.COM

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