



ADVANCED TRAINING JULY & AUGUST



Total Core

Monday • 6:30pm-7:25pm with Renny M
Gym/Court | 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

Tuesday • 8-8:55am with Laurie W
Gym | 7 week
Wednesday • 5:30-6:25am with Mary Jo O
Gym/Outside | 7 week
Thursday • 9-9:55am with Laurie W
Studio | 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.

Power

Tuesday • 5:30-6:30pm with Chris K
Gym/Outside | 4 week | Session 1 & 2
Thursday • 5:30-6:30pm 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.

Adult Learn to Swim

Friday • 5:30-6:25pm with Tim H
Indoor Lap Pool | 7 week

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.

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
Session 1 (S1): July 6 - August 1
Session 2 (S2): August 2 - August 29

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.

Total Core

Renny will be available in the lobby from
Monday, June 29 • 5:30-7:30pm for registration.

Women on Weights

Contact Laurie Wright directly at lwright@thewac.com to register for Tuesday or Thursday's class.

Mary Jo will be available in the lobby
Tuesday, June 30 • 7:00-9:00am to register for Wednesday's class.

Power

Contact Chris Kloss directly at ckloss@thewac.com to register for either Tuesday or Thursday.

Adult Learn to Swim

Contact Tim Halverson directly at thalverson@thewac.com to register.

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