

FIND YOUR FIT.

MARCH • APRIL 2020

MONDAY	
5:30am-6:30am	●
BODYPUMP®	
5:45am-6:30am	▷
Cycle	
8:00am-8:45am	▷
Cycle	
8:00am-8:55am	◆
Yoga	
9:00am-9:55am	▲
Interval	
9:00am-10:00am	●
BODYPUMP®	
9:15am-10:00am	◆
Pilates	
10:00am-10:55am	▲
Strength LITE	
10:15am-11:10am	●
Cardio Kickboxing	
11:15am-12:00pm	◆
Stretch	
4:30pm-5:25pm	▲
Cardio Kickboxing	
5:00pm-5:45pm	▷
Cycle	
5:30pm-6:25pm	▲
Cardio Circuit	
5:30pm-6:30pm	●
BODYPUMP®	
6:00pm-6:45pm	▷
Cycle	
6:30pm-7:25pm	▲
Zumba®	
6:40pm-7:40pm	●
BODYPUMP®	
7:00pm-7:55pm	◆
Yoga	

TUESDAY	
5:00am-6:00am	●
BODYPUMP®	
5:45am-6:30am	▷
Cycle	
6:00am-6:55am	◆
Yoga	
9:00am-9:45am	▷
Cycle	
9:00am-9:55am	◆
Pilates	
9:00am-9:55am	●
Yoga LITE	
10:00am-10:55am	▲
Zumba®	
10:05am-10:35am	◆
Core	
10:15am-11:10am	●
Step Fusion	
12:15pm-1:15pm	●
BODYPUMP®	
4:05pm-4:35pm	▲
Move It!	
4:30pm-5:30pm	●
BODYPUMP®	
5:00pm-5:45pm	◆
Pilates	
5:30pm-6:15pm	▷
Cycle	
6:00pm-7:00pm	●
BODYPUMP®	
7:05pm-8:00pm	◆
Yoga	

WAC MEMONONEE FALLS ROOM KEY

- ▷ Cycle Studio
- ▲ Gym/Court
- ◆ Mind|Body Studio
- Studio

WEDNESDAY	
5:30am-6:30am	●
BODYPUMP®	
5:45am-6:30am	▷
Cycle	
8:00am-8:55am	◆
Yoga	
8:25am-8:55am	▲
Boot Camp EXPRESS	
9:00am-9:30am	▷
Cycle EXPRESS	
9:00am-10:00am	●
BODYPUMP®	
9:15am-10:10am	▲
Zumba Gold®	
9:30am-10:00am	▷
Yoga EXPRESS	
10:15am-11:10am	●
Cardio Kickboxing	
10:15am-11:10am	▲
Strength LITE	
10:35am-11:20am	◆
Stretch	
12:00pm-12:45pm	●
Yoga	
1:00pm-1:45pm	●
Chair Yoga	
5:00pm-5:55pm	▲
Zumba®	
5:15pm-6:00pm	◆
Pilates	
5:25pm-6:25pm	●
BODYPUMP®	
6:00pm-6:45pm	▷
Cycle	
6:15pm-7:10pm	▲
Cardio Circuit	
7:00pm-7:55pm	◆
Yoga	

THURSDAY	
5:00am-6:00am	●
BODYPUMP®	
5:30am-6:25am	▲
Interval	
5:45am-6:30am	▷
Cycle	
6:00am-6:55am	◆
Yoga	
8:00am-8:45am	●
Yoga LITE	
8:00am-8:55am	▲
Strength	
9:00am-9:45am	▷
Cycle	
9:00am-9:55am	◆
Pilates	
9:00am-9:55am	▲
Strength LITE	
10:00am-10:55am	▲
Zumba®	
10:05am-11:00am	●
Step Fusion	
12:15pm-1:15pm	●
BODYPUMP®	
5:00pm-6:00pm	●
BODYPUMP®	
5:30pm-6:15pm	▷
Cycle	
5:30pm-6:25pm	◆
Step Fusion	
6:10pm-7:10pm	●
BODYPUMP®	
6:30pm-7:25pm	★
Ringside	

FRIDAY	
5:30am-6:30am	●
BODYPUMP®	
6:00am-6:55am	◆
Yoga	
8:00am-8:55am	▲
Interval	
8:30am-9:00am	▷
Cycle EXPRESS	
8:30am-9:25am	◆
Yoga	
9:00am-10:00am	●
BODYPUMP®	
9:05am-9:35am	▷
Core EXPRESS	
9:05am-10:00am	▲
Zumba®	
10:00am-10:55am	◆
Pilates	
10:05am-11:00am	▲
Strength LITE	
10:15am-11:00am	●
Chair Yoga	
11:00am-11:45am	◆
Stretch	
4:15pm-5:15pm	●
BODYPUMP®	
5:30pm-6:25pm	◆
Yoga	
5:35pm-6:35pm	●
BODYPUMP®	

SATURDAY	
7:00am-7:45am	▷
Cycle	
7:15am-8:15am	●
BODYPUMP®	
7:30am-8:25am	▲
Interval	
7:30am-8:25am	◆
Yoga	
8:00am-8:45am	▷
Cycle	
8:30am-9:00am	▲
Core	
8:30am-9:30am	●
BODYPUMP®	
9:00am-9:45am	▷
Cycle	
9:35am-10:30am	◆
Yoga	
9:45am-10:45am	●
BODYPUMP®	
10:10am-11:05am	▲
Zumba®	
11:00am-11:55am	◆
Yoga	
11:00am-12:00pm	●
BODYPUMP®	

SUNDAY	
7:00am-7:45am	▲
Boot Camp	
7:30am-8:25am	◆
Yoga	
8:00am-9:00am	●
BODYPUMP®	
8:30am-9:25am	★
Ringside	
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®	

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.

Ringside

Be sure to experience this powerful cardio class involving bags and boxing gloves! Gain bag skills, agility, strength, balance and flexibility through this class. Class size may be limited. *Gloves are not provided for Ringside class.

*Members need to bring their own gloves to class.

* Pre-registration is required.

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.

WATER

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

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.

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!

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.

JUNIOR

Move It!

This class is designed to introduce the fitness fun to children. Each week, we will showcase a new group fitness format, games or sports-related exercises. Taught by experienced youth Instructors, your child can expect to learn new exercises while working up a sweat! This class is open to children ages 9 to 15.

* Parent does not need to be present.

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.



COMPLIMENTARY CLASSES



MENOMONEE FALLS

WWW.THEWAC.COM

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