

MAY - JUNE



# ADVANCED TRAINING



7	<b>Adult Learn to Swim</b> Lap Pool Tuesdays • 10:00-11:00am with Cathy Tuesdays • 5:00-6:00pm with Michael
7	<b>Ai Chi</b> Mind Body Studio Mondays • 9:15-10:15am with Susan
7	<b>Ballroom Dance</b> <i>Fox Trot and Step Swing</i> Studio Tuesdays • 7:15-8:10pm with Mike
7	<b>Barre Sculpt</b> Mind Body Studio Wednesdays • 9:30-10:30am with Irish Thursdays • 6:00-6:55pm with Irish
7	<b>Glide Fit</b> Lap Pool Thursdays • 5:45-6:40am with Mike
7	<b>Junior Bootcamp</b> Ages 9-15 Outdoors/Functional Training Room Thursdays • 5:30-6:30pm with Beth
7	<b>OutFITT</b> Outdoors/TRX Area Wednesdays • 5:30-6:30pm with Irish
4	<b>Power</b> Outdoors/Gym   Session 1 & 2 Tuesdays • 5:30-6:30pm with Chris Thursdays • 5:30-6:30pm with Chris
7	<b>Power Yoga</b> Mind Body Studio Saturdays • 8:30-9:25am with Tami

7	<b>Restorative Yoga</b> Studio Thursdays • 10:15-11:10am with Susan
4	<b>Shred</b> Outdoors/TRX Area Thursdays • 9:45-10:15am with Danyel
7	<b>Tabata in the Pool</b> Outdoor Pool/Indoor Exercise Pool Wednesdays • 5:10-5:55pm with Cindy Thursdays • 9:00-9:45am with Cindy
7	<b>Triple Threat</b> Outdoors/Mind Body Studio Mondays • 5:45-6:40pm with Renny
4	<b>TRX</b> Fitness Floor Mondays • 6:30-7:00pm with Chris Tuesdays • 9:00-9:30am with Connie
4	<b>TRX for Beginners</b> Fitness Floor Wednesdays • 10:30-11:00am with Chris
7	<b>Women on Weights</b> Outdoors/Gym Tuesdays • 8:00-8:55am with Lauree Wednesdays • 5:30-6:25am with Jennifer Wednesdays • 6:30-7:25am with Jennifer Thursdays • 9:00-9:55am with Lauree
7	<b>Water Boot Camp</b> Outdoor Pool/Indoor Exercise Pool Mondays • 9:15-10:00am with Dalilah

**Registration Information**

**April 18** - Member registration begins.  
**April 19** - Non-Member registration begins.

7 **Classes meet once a week for a 7-week session**  
7-Week Fee: \$75 Member | \$110 Non-Member  
Drop-In Fee: \$15 Member | \$20 Non-Member

4 **Classes meet once a week for a 4-week session**  
4-Week Hour Fee: \$95 Member | \$115 Non-Member  
Hour Drop-In Fee: \$30 Member | \$35 Non-Member  
  
4-Week Half-Hour Fee: \$50 Member | \$70 Non-Member  
Half-Hour Drop-In Fee: \$15 Member | \$20 Non-Member

## REGISTRATION FOR ADVANCED TRAINING

Sign up by emailing Jenna at [jselestow@thewac.com](mailto:jselestow@thewac.com), the instructor directly, or visit the Front Desk.

**Adult Learn to Swim** [jselestow@thewac.com](mailto:jselestow@thewac.com)  
Have you ever wanted to learn how to swim or better 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 regime

**Ai Chi** [spokorny@thewac.com](mailto: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.

**Ballroom Dance** [mkohnle@thewac.com](mailto:mkohnle@thewac.com)  
Get ready for summer wedding season! This class is designed for people with little or no dance experience. We will concentrate on basic steps of the Fox Trot and Step Swing that will make you a standout on the dance floor.

**Barre Sculpt** [inagel@thewac.com](mailto: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](mailto: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](mailto: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](mailto: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** [ckloss@thewac.com](mailto: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.

**Power Yoga** [tfuiten@thewac.com](mailto: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](mailto: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.

**Shred** [jselestow@thewac.com](mailto: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).

**Tabata in the Pool** [jselestow@thewac.com](mailto: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](mailto: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!

**TRX** 9:00am - [jselestow@thewac.com](mailto:jselestow@thewac.com)  
6:30pm - [ckloss@thewac.com](mailto: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](mailto: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.

**Women on Weights** 5:30 & 6:30am - [jmiller@thewac.com](mailto:jmiller@thewac.com)  
8:00am & 9:00am - [lwright@thewac.com](mailto: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](mailto: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.

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