



REGISTRATION INFORMATION FOR PREMIUM CLASSES

Adult Learn to Swim

Michael - Please sign up at the Front Desk.

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.

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.

Ballroom Dance

Mike - mkohnle@thewac.com

Experience the fun and enjoyment of ballroom dancing! This class is designed for people with little or no dance experience. We will concentrate on basic steps and variations that will make you a standout on the dance floor.

Barre Sculpt

Irish - 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

Mike - 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.

HIIT Cardio meets HIIT and Lift

Chris - 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

Luke - lfera@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).

HIIT Rowing

Beth - bmettler@thewac.com

Get a full-body, low-impact workout in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using the rowers, gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

Power Yoga

Tami - 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.

Striking Fitness

Rocky - rxiong@thewac.com

Learn martial arts striking techniques in a fast paced workout program that will work your body and mind. This includes a variety of footwork and stance training that will help improve your agility and flexibility, striking techniques that will help train your endurance and strength and last but not least, sparring techniques that will work your dexterity and your brain. Leave feeling fit and empowered!

Tabata in the Pool

Cindy - Please sign up at the Front Desk.

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.

TRX

Chris - 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.

Women on Weights

Jennifer - jmiller@thewac.com

Laurie - 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.

Sign up by emailing the instructor directly or visit the Front Desk.

Registration Dates

October 17 - member registration begins

October 18 - non-member registration begins

7-WEEK CLASSES

Adult Learn to Swim <i>Lap Pool</i> Tuesdays • 5-6pm with Michael	Power Yoga <i>Mind Body Studio</i> Saturdays • 8:30-9:25am with Tami
Ai Chi <i>Mind Body Studio</i> Mondays • 9:15-10:15am with Susan	Restorative Yoga <i>Studio 1</i> Thursdays • 10:15-11:15am with Susan
Ballroom Dance <i>Studio 1 Swing</i> Tuesdays • 7:15-8:10pm with Mike	Striking Fitness <i>Functional Training Room</i> Thursdays • 6:30-7:30pm with Rocky
Barre Sculpt <i>Mind Body Studio</i> Wednesdays • 9:30-10:30am with Irish Thursdays • 6-6:55pm with Irish Saturdays • 9:30-10:30am with Irish	Tabata in the Pool <i>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	Women on Weights <i>Gym</i> Tuesdays • 8-8:55am with Lauree Wednesdays • 5:25-6:20am with Jennifer Wednesdays • 6:30-7:25am with Jennifer Thursdays • 9-9:55am with Lauree

4-WEEK CLASSES

HIIT Cardio meets HIIT and Lift <i>Gym Session 1 & 2</i> Tuesdays • 5:30-6:30pm with Chris Thursdays • 5:30-6:30pm with Chris	HIIT Rowing <i>Fitness Floor Session 1 & 2</i> Mondays • 7-7:30am with Beth Wednesdays • 7-7:30am with Beth
HIIT Cardio <i>Fuctional Training Room Session 1 & 2</i> Tuesdays • 3:30-4pm with Luke	TRX <i>TRX Area Session 1 & 2</i> Mondays • 6:30-7pm 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
 October 17 - member registration begins
 October 18 - non-member registration begins





WORKSHOPS

NOVEMBER - DECEMBER

Essential Oils 101

Conference Room with Susan
Thursday, November 3 • 12-1pm

Breathe deeply and let essential oils take you on a sensory journey that can instantly soothe, enliven, or balance both body and mind. From the sweet aroma of lavender to the stimulating fragrance of peppermint, essential oils ignite your senses and enliven your body. Whether it is a single potent oil that elevates your spirit, a blended formula that promotes mental clarity or a massage oil that restores harmonic balance, you'll discover rich therapeutic properties that cannot be found elsewhere.

S'Wet

Indoor Pool with Cindy
Friday, November 4 • 5:30-6:30pm

This high intensity low impact full body aquatic workout combines strength, advanced cardio, and plyometrics. Join our instructor as we incorporate unique uses of equipment to add a splash of fun!

Fit Ball Fusion*

Gym and Club Pub with Renny
Friday, November 4 • 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.

Three20*

Studio/Cycle /Club Pub with Tami
Wednesday, November 9
6:30-7:30pm

It's three times the fun as you experience your three favorite workouts in one class. In Three20, start with 20 minutes of heart pumping Cycle, transition to feel the burn with 20 minutes of Strength, and finish by testing your balance, core and flexibility with 20 minutes of Yoga. You will leave feeling accomplished and relaxed!

Sunday Funday Series*

Gym and Club Pub with Chris
Sunday, November 13 • 10:30-11:30am
Sunday, December 11 • 10:30-11:30am

Join the Sunday Funday workout for a workout featuring new gym toys and perhaps a little FUN competition! Meet up at the Club Pub after class for a well-deserved refreshment. After all, a Sunday well spent brings a week of content!

Poolates

Exercise Pool with Cindy
Friday, November 18 • 5:30-6:30pm

Soothe the mind and spirit in this class that combines the principles of Pilates with all the benefits of aquatic exercise. Gentler on the joints and muscles than land-based exercise, Poolates® innovatively uses buoyancy to strengthen muscles, enhance flexibility, sharpen coordination and balance the body and soul.

Burn Before the Bird

Gym with Chris
Thursday, November 24 • 8am

Join us for a HIIT-Style Boot Camp. Kick it into high gear and feel the BURN before the BIRD!

Bro Flow*

Studio 1 and Club Pub with Tami
Wednesday, December 7 • 6:30-7:30pm

This Bro Flow workshop will focus on increasing your strength, flexibility, mobility and balance. Be guided through an hour-long Vinyasa flow designed for men.

Aqua Trifecta

Exercise Pool with Cindy
Friday, December 16
5:30-6:30pm

Come join us for a fun-filled experience of three different water formats. This workshop will include 20-minute sessions of aqua kickboxing, Tabata in the pool and Poolates. You can expect both cardio and strength training through punch and kick sequences, and high intensity timed intervals followed by short periods of active recovery. Finishing with an innovative Pilates in the pool session. This method uses buoyancy to strengthen muscles, enhance flexibility, sharpen coordination and balance the body and soul.

Youth Winter Swim Skills

Exercise Pool with Cheryl
Tuesday, December 27 • 3-4pm

Keep the kids active over winter break. This workshop is designed to help kids improve their swim skills and techniques. Learn appropriate level skills for each swim level, with one-on-one attention for each child. Participate in a fun water activity at the conclusion of class.

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

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

Register for workshops at the Front Desk.

