

## FIND YOUR FIT.

## SEPTEMBER • OCTOBER 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 ●	9:05am-10:00am Zumba Gold® ▲	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® ▲	9:30am-10:00am Yoga EXPRESS ▶	9:00am-9:55am Pilates ◆	10:00am-10:55am Pilates ◆	9:00am-9:45am Cycle ▶
10:15am-11:10am Cardio Kickboxing ●	10:05am-10:35am Core ◆	10:15am-11:10am Cardio Kickboxing ●	9:00am-9:55am Strength LITE ▲	10:00am-10:55am Strength LITE ▲	9:35am-10:30am Yoga ◆
11:15am-12:00pm Stretch ●	10:15am-11:10am Step Fusion ●	10:15am-11:10am Strength LITE ▲	10:00am-10:55am Zumba® ▲	10:15am-11:00am Chair Yoga ●	9:45am-10:45am BODYPUMP® ●
12:15pm-12:45pm BODYPUMP® EXPRESS ●	12:15pm-1:15pm BODYPUMP® ●	10:35am-11:20am Stretch ◆	10:05am-11:00am Step Fusion ●	11:00am-11:45am Stretch ◆	10:10am-11:05am Zumba® ▲
5:00pm-5:45pm Cycle ▶	4:30pm-5:25pm Zumba® ▲	12:00pm-12:45pm Yoga ●	12:15pm-1:15pm BODYPUMP® ●	4:15pm-5:15pm BODYPUMP® ●	11:00am-11:55am Yoga ◆
5:30pm-6:25pm Cardio Circuit ▲	4:30pm-5:30pm BODYPUMP® ●	1:00pm-1:45pm Chair Yoga ●	5:00pm-6:00pm BODYPUMP® ●	5:30pm-6:25pm Yoga ◆	11:00am-12:00pm BODYPUMP® ●
5:30pm-6:30pm BODYPUMP® ●	4:45pm-5:40pm Pilates ◆	5:00pm-5:55pm Zumba® ▲	5:30pm-6:15pm Cycle ▶	5:35pm-6:35pm BODYPUMP® ●	<b>SUNDAY</b>
6:00pm-6:45pm Cycle ▶	5:30pm-6:15pm Cycle ▶	5:15pm-6:00pm Pilates ◆	5:30pm-6:25pm Step Fusion ◆		7:00am-7:45am Boot Camp ▲
6:30pm-7:25pm Zumba® ▲	6:00pm-7:00pm BODYPUMP® ●	5:25pm-6:25pm BODYPUMP® ●	6:10pm-7:10pm BODYPUMP® ●		7:30am-8:25am Yoga ◆
6:40pm-7:40pm BODYPUMP® ●	7:05pm-8:00pm Yoga ◆	5:30pm-6:15pm Cycle ▶			8:00am-9:00am BODYPUMP® ●
7:00pm-7:55pm Yoga ◆		6:15pm-7:10pm Cardio Circuit ▲			9:00am-9:45am Cycle ▶
		7:00pm-7:55pm Yoga ◆			9:00am-9:55am Zumba® ▲

### WAC MEMONONEE 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](http://schedule.thewac.com)



**COMPLIMENTARY CLASSES**



**MENOMONEE FALLS**



[WWW.THEWAC.COM](http://WWW.THEWAC.COM)

N91W15700 FALLS PARKWAY • 262.255.5700