


FIND YOUR FIT.


MONDAY

7 5:00pm-6:00pm 
Climb Fit • Tara M

7 6:00pm-7:00pm ★
Tabata • Don A

7 6:30pm-7:30pm ◆
Barre Burner • Joseph D

TUESDAY

7 5:30am-6:30am 
Treading Fit • Nicole F

7 11:00am-12:00pm ◆
Combat for Parkinson's • Kat I

7 6:30pm-7:30pm ★
Holiday Hustle • Joseph T

7 6:30pm-7:30pm ◆
Yoga Training • Correen G

WEDNESDAY

7 6:00pm-7:00pm ★
Metabolic Boot Camp • Joseph T

WAC GREENFIELD ROOM KEY

- ▶ Cycle Studio
- ≡ Fitness Floor
- Group Exercise Studio
- Indoor Pool
- ◆ MindBody Studio
- ★ PT Studio

THURSDAY

7 9:00am-10:00am ★
R.I.S.E. • Joseph T

7 10:00am-11:00am ◆
Combat for Parkinson's • Kat I

7 6:00pm-7:00pm ★
Tabata • Don A

7 6:30pm-7:30pm ●
LaBlast® Fitness • Megan M

7 7:00pm-8:00pm ★
Fit Club • Rachel M

FRIDAY

7 5:30am-6:30am ★
Body Transf. Boot Camp • Nicole F

Schedule subject to change. For live schedule updates check schedule.thewac.com

SATURDAY

7 7:55am-8:55am ■
Fit Swim • Nicole F

7 8:00am-9:00am ★
Women on Weights • Lisa K

7 10:00am-11:00am ★
Gladiator Boot Camp • Joseph T

7week

Classes meet once a week for a 7 week session
7-Week Fee: \$60 member | \$95 non-member
Drop-In Fee: \$15 member | \$20 non-member

Barre Burner

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

Body Transformation Boot Camp

This boot camp will help you shed those unwanted pounds and inches while taking your workouts to the next level. This class will challenge your mind and transform your body, getting you the results you want!

Climb Fit

This intense class will kick your cardio into high gear by utilizing the step mill to work with different levels of speed and resistance. Combined with resistance exercises off the step mill, this class provides the perfect balance of cardio and strength.

Combat for Parkinson's

Combat for Parkinson's is based off Delay the Disease, Parkinson's #1 Exercise Program. This class is designed for people with Parkinson's focused on gaining muscle control, improving strength and balance, and regaining confidence in your body. Proven results also include improvement in posture, mobility, speech volume and a gained sense of empowerment. Join Combat for Parkinson's and become a Parkinson's Warrior!

Fit Club

If you are looking for a high-energy workout that will push you to your limits and lead you in the direction of prime physical health, then you need to try Fit Club. Avoid plateaus and reach your maximum potential with a variety of different workout formats and challenging cardio circuits. This class is for anyone, whether you are an advanced or a novice exerciser. Come join us for this professionally-devised workout and challenge yourself to something new!

Fit Swim

Do you swim countless boring laps? Join Fit Swim for a formatted lap swimming work out lead by a trained coach. Help improve your endurance, increase your power and speed and learn stroke development.

Gladiator Boot Camp

Tired of traditional workouts? Rain or shine, experience outdoor training that will test every aspect of your fitness and reveal your inner warrior. This high-intensity program incorporates muscular endurance, strength training and cardio. Whether you are experienced or just starting, utilize methodology designed to build muscle and shred fat to become a better version of yourself!

Holiday Hustle

Fighting off extra holiday calories and winter weight can be hard...don't do it alone! This teamwork class focuses on every body part, keeping your metabolism up and the pounds down. Stay warm this winter through circuit-style intervals, weights and bodyweight training.

7weekcontinued

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LaBlast® Fitness

LaBlast is a dance fitness program based on dances you've seen on shows like "Dancing with the Stars." This fun-filled, high-energy, interval-based cardio workout will blast you into shape as you learn each ballroom or Latin dance. This class is partner-free and appropriate for all levels or dance experience.

Metabolic Boot Camp

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

R.I.S.E.

Boost your energy with this morning class! Using strength and interval training, we will wake up your metabolism and put you in a positive mood. The class finishes with the rejuvenating benefits of foam rolling.

Tabata

Tabata is one of the most effective types of high-intensity interval training to burn calories and develop muscle definition. Class consists of a warm-up leading to timed sets of bodyweight exercises like sprints, push-ups and squat jumps performed in 20-second intervals of all-out intensity, followed by 10-second recovery periods, and concluding with a well-deserved cool-down. Expect to be progressively challenged as you push to the next level of intensity.

Treading Fit

Whether you walk or run, there is no time like the present to shake up your routine with a change to your current workouts. Join us for a combination of interval, incline and tempo workouts that will strengthen your endurance and increase your stamina and personal skill set. Adding variety into your routine can aid in succeeding with your personal best.

Women on Weights

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.

Yoga Training This class incorporates yoga principles as you train to gain flexibility, strength, postural awareness and balance. You can look forward to a new focus each week, with an emphasis on healthy living as you make the mind/body connection.

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12week

12-Week Fee: \$299 member | \$419 non-member
Begins the week of January 21

LOSEIT!

Lose It is a weight loss program that includes nutrition counseling, group personal training sessions, unparalleled motivation and inspiration, a t-shirt and more! Let our Fitness Team help you effectively lose weight, achieve your personal fitness goals and be accountable to the most important person...you!

LOSEIT!

REG Member registration begins **Monday, December 17**
Non-Member registration begins **Tuesday, December 18**
Classes begin the week of **Sunday, January 6**

workshops

Body Reinvented Workshop: Posture

Tuesday, January 8 • 5:30pm

Tuesday, January 22 • 5:30pm

Tuesday, February 5 • 5:30pm

Tuesday, February 19 • 5:30pm

Instructor: Chrissy C and Lisa K

This progressive workshop series is centered around the hip hinge and designed to empower and encourage female body positivity and strength. Not sure where to start or how to continue your journey towards a stronger and more confident you? Let us help! Each workshop has a special focus, from discussions around women's health, strength and overall fitness, to training sessions focusing on strengthening your hips and perfecting the hinge. Join us as we take you through this series to squash myths and provide you with the tools to become the strongest version of yourself.

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

Ballroom Dance Workshop: Salsa/Rumba

Friday, February 8 • 6:00pm

Instructor: Megan M

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.

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

Cupid's Crush Workshop

Monday, February 25 • 5:30pm

Instructors: Nicole/Tara/Don

Don't let those Valentine's Day candy and chocolates get the best of you! Enjoy this fun workout including stairs, treadmills, strength, plyos and more! Once again our finest trainers are joining forces to give you the best heart-healthy and candy-crushing workout.

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

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Wednesday, January 2

6:00pm - Metabolic Boot Camp with Joseph T

Thursday, January 3

9:00am - R.I.S.E. with Joseph T

6:00pm - Tabata with Don A

6:30pm - LaBlast® Fitness with Megan M

Friday, January 4

5:30am - Body Transf. Boot Camp with Nicole F

Saturday, January 5

7:55am - Fit Swim with Nicole F



ADVANCED TRAINING



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GREENFIELD