


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 Parkinson's • Kat I

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 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

MARCH • APRIL 2019

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/Correen

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 and Jacob's Ladder 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 Parkinson's Disease

This movement class is designed to help people living with Parkinson's Disease combat daily challenges, such as stiffness, fatigue, poor balance, postural deficits, muscle weakness and vocal and cognitive impairments. Modeled after the Physical Therapy class, Delay the Disease, COMBAT Parkinson's provides a safe and fun environment for those who live with PD to use different modalities and strategies to improve their functionality and to help combat the effects of neurological issues. Join us and become a Parkinson's Warrior!"

REG Member registration begins **Monday, February 18**
Non-Member registration begins **Tuesday, February 19**
Classes begin the week of **Sunday, March 3**

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!

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.

7weekcontinued

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

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.

workshops

Cupid's Crush Workshop

Monday, February 25 • 5:30pm

Instructors: Nicole/Tara/Don

Don't let Valentine's Day candy and chocolate get the best of you! Enjoy this fun workout including stairs, treadmills, strength training, plyometrics and more! A group of our best personal trainers are joining forces to give you a candy-crushing, heart-healthy workout.

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

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 25

5:00pm - Climb Fit with Tara M

6:30pm - Barre Burner with Joseph D

Tuesday, February 26

5:30am - Treading Fit with Nicole F

6:30pm - Yoga Training with Correen G

Wednesday, February 27

6:00pm - Metabolic Boot Camp with Joseph T

Thursday, February 28

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

6:00pm - Tabata with Don A

6:30pm - LaBlast @ Fitness with Megan M

7:00pm - Fit Club with Rachel M

Friday, March 1

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

Saturday, March 2

7:55am - Fit Swim with Nicole F/Correen G

10:00am - Gladiator Boot Camp with Joseph T

Body Reinvented Workshop:

Saturday, March 9 • 10:00am

Saturday, April 13 • 10:00am

Instructor: Chrissy C/Lisa K

This workshop series is 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 build your toolbox!

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

Self Defense Workshop Series

Striking and Blocking:

Thursday, March 14 • 6:30pm

Basics and Gapping:

Thursday, March 28 • 6:30pm

Instructor: Christy W

This Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence.

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



ADVANCED TRAINING



WWW.THEWAC.COM

5020 S. 110TH STREET • 414.427.6500



GREENFIELD