

Workshops

Body Reinvented Workshop

Saturday, March 14 • 10:30am

Saturday, April 4 • 10:30am

Instructor: Chrissy & Lisa

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

Boot Camp & Brunch

Sunday, March 22 • 10:30am

Saturday, April 18 • 10:30am

Instructor: Zoe R

This all-level boot camp workshop will get everyone moving while having fun together. In traditional boot-camp-form, you will move through circuits of cardio, strength, speed work and balance drills. Stay motivated to complete the workout for the big finish: socializing with friends over a delicious brunch!

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

Glute Camp Workshop

Tuesday, March 3 • 6:30pm

Instructor: Tara M

This circuit-based strength class will help you build strong and toned glutes. Move through a variety of exercises using bands, weights and steps. This class is great for any level as you will receive one-on-one variations and progressively challenge your glutes.

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

Grocery Store Tour Workshop

Monday, March 9 • 6:00pm

Instructor: Kate P

Do you ever feel overwhelmed when you walk into the supermarket? With so many products to choose from, it's hard to decipher product marketing claims and confusing nutrition propaganda. Join us for Grocery Store Tour where one of our Registered Dietitians will guide you through your grocery shopping and teach you how to select food that is good for your health.

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



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4week

Classes meet once a week for a 4-week session

4-Week Fee: \$40 member | \$60 non-member

Session 1 (S1): March 1 - March 28

Session 2 (S2): March 29 - April 26

Shred

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).

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Sunday, February 23

10:00am - Spartan Strong with Daniel T

Monday, February 24

5:30am - Climb Fit with Tara M

5:00pm - Run Strong with Paul W

Tuesday, February 25

5:30am - Cardio Fit with Nicole F

7:00am - Lift with Zoe R

5:30pm - Women on Weights with Chrissy C

6:30pm - Empower Yoga with Correen G

Wednesday, February 26

5:30pm - Row Fit with Paul W

6:00pm - Metabolic Boot Camp with Tara M

Thursday, February 27

9:00am - R.I.S.E. with Casey M

6:00pm - Tabata with Don A

6:30pm - LaBlast® Fitness with Megan M

7:00pm - Fit Club with Rachel M

Friday, February 28

5:30am - Body Transformation Boot Camp

with Nicole F

Saturday, February 29

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

10:00am - Gladiator Boot Camp with Don A




ADVANCED TRAINING



GREENFIELD

FIND YOUR FIT.


MONDAY

7 5:30am-6:30am 
Climb Fit • Tara M

7 5:00pm-6:00pm ★
Run Strong • Paul W

7 6:00pm-7:00pm ★
Tabata • Don A

TUESDAY

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

7 7:00am-8:00am ★
Lift • Zoe R


7 11:00am-12:00pm ◆
Combat Parkinson's Disease • Paul W

7 5:30pm-6:30pm ★
Women on Weights • Chrissy C

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

WEDNESDAY

4 7:00am-7:30am s1/s2 ★
Shred feat. TRX • Casey M

7 5:30pm-6:30pm 
Row Fit • Paul W

7 6:00pm-7:00pm ★
Metabolic Boot Camp • Tara M

THURSDAY

7 9:00am-10:00am ★
R.I.S.E. • Casey M

7 10:00am-11:00am ◆
Combat Parkinson's Disease • Paul W

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 2020

FRIDAY

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

SATURDAY

7 7:55am-8:55am 
Fit Swim • Correen G

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 • Don A

SUNDAY

7 10:00am-11:00am ★
Spartan Strong • Daniel T

WAC GREENFIELD ROOM KEY

-  Fitness Floor
-  Group Exercise Studio
-  Indoor Pool
-  MindlBody Studio
-  PT Studio

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

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!

Cardio Fit

Do you count down the minutes while doing cardio? Join Cardio Fit for a formatted cardio workout lead by a trained coach. There is no time like the present to shake up your routine with a change to your current cardio workouts. Join us for any combination of rowers, stairmills, Jacobs Ladder, treadmills and anything else that gets the heart pumping. Whether you are an aspiring athlete or just looking for something fun and new, this class is for you.

Climb Fit

This intense class will kick your cardio into high gear by utilizing the step mill and Jacobs 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!

R **E** **G** Member registration begins **Monday, February 17**
Non-Member registration begins **Tuesday, February 18**
Classes begin the week of **Sunday, March 1**

Empower Yoga

In Empower Yoga you'll find your power by applying the Universal Principles of Alignment™ to deepen each pose, and then reach your full potential by expanding from the heart. Whether you want to refine basic poses or learn challenging inversions, arm balances, or backbends, you'll find a full range of postures in this intermediate class.

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.

Lift

No burpees! No mountain climbers! No jumping jacks! No cardio, period! Each class will focus on weight training to help you lose weight, shed inches, gain muscle and improve strength. With the guidance of one of our certified Personal Trainers, you'll be ready to take on the challenge and change your body.

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.

Row Fit

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

Run Strong

Take a break from your usual run to focus on building your strength. We will focus on strengthening your foundational running muscles in the lower body and your smaller supporting muscle groups, including your core and hip complex. This progressive class is a perfect complement to your regular running routine.

Spartan Strong

Conquer physical and mental obstacles together in a group training program inspired by the principles of Spartan Race. Increase your strength, endurance and mobility with an innovative combination of resistance training, body weight challenges, dynamic stretching and cardio focused drills.

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.

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.