

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 Bootcamp

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 put you in a positive mood.

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.

Tabata in the Pool

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.

Tabata

Are you ready for the best workout of your week? Tabata interval training is one of the most effective types of high intensity interval training to burn calories and develop muscle definition. Expect to push yourself hard with intense interval training using a mixture of cardio and weight training exercises. All the exercises are performed at your own current level, while pushing you to the next level of intensity!

The Spin Cycle

Come be a part of this high-intensity cardio class using indoor cycling bikes and resistance training to help you jump-start your metabolic calorie burn. You'll enjoy the cycle of this spin and toning class.

Treading FIT *(Walkers Welcome)*

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.

NEW! Track & Train

This class will begin on the track using different levels speed and intensity designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.

NEW! Use it or Lose it

Congratulations on completing the Lose It Challenge! Celebrate all your new healthy habits in this 7-week progressive class. Stay accountable and on track with your fellow Lose It participants.

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 *(2nd Class Added)*

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.

Yoga for Beginners

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.



ADVANCED TRAINING



WWW.THEWAC.COM

5020 S. 110TH STREET • 414.427.6500



GREENFIELD

FIND YOUR FIT.

MONDAY

7 10:00am-11:00am ★
Row Fit • Correen G.

7 5:00pm-6:00pm ▲
Climb Fit • Tara M

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

7 6:30pm-7:30pm ★
Tabata • Don A

TUESDAY

7 5:30am - 6:30am ▲
Treading FIT • Nicole F

4 9:30am - 10:30am (S2) ★
Feel the Burn • Jen P

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

7 5:30pm - 6:30pm ▶
The Spin Cycle • Darrick

7 5:30pm - 6:30pm ★
Use it or lose it • Nicole F

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

WEDNESDAY

4 6:30am-7:00am (S1)(S2) ●
Power feat. Kettlebells • Chrissy

4 9:30am-10:30am (S1) ★
Feel the Burn • Jen P

7 4:00pm-5:00pm ◆
Yoga Training • Correen G

7 5:00pm-6:00pm *
Backyard Boot Camp • Joe D

4 5:30pm-6:00pm (S1)(S2) ▲
Shred feat. Row • Chrissy

7 6:00pm-7:00pm ★
Beg. Ballroom Dance • Megan M

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

4 6:00pm-6:30pm (S1)(S2) ▲
Power feat. Kettlebells • Chrissy

THURSDAY

7 9:00am - 10:00am ★
R.I.S.E. • Joe T

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

7 6:00pm - 7:00pm ★
Tabata • Don A

7 6:00pm - 7:00pm ■
Tabata in the Pool • Angie D

7 6:00pm - 7:00pm *
Track & Train • Correen G/Nicole F

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

7 7:00pm - 8:00pm *
Fit Club • Rachel M

MAY • JUNE 2018

FRIDAY

7 5:30am-6:30am ★
Use it or Lose it • Nicole F

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

4 9:00am-9:30am (S2) *
Shred feat. TRX • Tara M

7 9:30am-10:30am *
Gladiator Boot Camp • Joe T

4 10:00am-11:00am ★
Yoga for Beginners • Malisia H

SATURDAY

7 8:00am-9:00am ■
Fit Swim • Correen G/Nicole F

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

4 9:00am-9:30am (S2) *
Shred feat. TRX • Tara M

7 9:30am-10:30am *
Gladiator Boot Camp • Joe T

4 10:00am-11:00am ★
Yoga for Beginners • Malisia H

WAC GREENFIELD ROOM KEY

- ◆ Mind|Body Studio
- Group Fitness Studio
- ▶ Cycle Studio
- Pool
- ▲ Fitness Floor
- ★ PT Studio
- * Outside

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, April 23

10:00AM • Row Fit *with Correen G*
5:00PM • Climb Fit *with Tara M*
6:30PM • Barre Burner *with Joe D*
6:30PM • Tabata *with Don A*

Tuesday, April 24

5:30AM • Treading FIT *with Nicole F*
5:30PM • The Spin Cycle *with Darrick W*
6:30PM • Yoga Training *with Correen G*

Wednesday, April 25

6:30AM • Power feat. Kettlebells *with Chrissy C*
4:00PM • Yoga Training *with Correen G*
5:00PM • Backyard Boot Camp *with Joe D*
5:30PM • Shred feat. Row *with Chrissy C*
6:00PM • Ballroom Dance *with Megan M*
6:00PM • Power feat. Kettlebells *with Chrissy C*

Thursday, April 26

9:00AM • R.I.S.E. *with Joe T*
6:00PM • Tabata in the Pool *with Angie D*
6:00PM • Track & Train *with Correen G*
6:30PM • LaBlast® Fitness *with Megan M*
7:00PM • Fit Club *with Rachel M*

Saturday, April 28

8:00AM • Fit Swim *with Correen G/Nicole F*
9:30AM • Gladiator Bootcamp *with Joe T*
10:00AM • Yoga for Beginners *with Malisia H*

4week

Classes meet once a week for a 4-week session
4-Week Fee: \$40 member | \$60 non-member
Drop-In Fee: \$15 member | \$20 non-member

Session 1 (S1): April 29-May 25

Session 2 (S2): June 3-30

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).

Power

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.

Feel the Burn

Join Fire Fighter, Jen, as she takes you through an intense workout featuring plyometrics and functional training techniques using only your body weight. This class will turn up the heat and increase your explosive power, speed and endurance while blasting calories and toning muscles!

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

NEW! Backyard Boot Camp

Backyard Boot Camp will help keep you on track with all those pounds you worked hard to shed during the long winter months while enjoying the summer sun. This progressive outdoor class focuses on functional training. It incorporates bodyweight exercises, sledgehammers, tires, battle ropes and much more to give you the best possible workout.

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 that you have always wanted without feeling like you have two left feet!

NEW! Beginners Ballroom Dance

Experience the fun and enjoyment of moving around the dance floor! This class is designed for people who have little or no experience dancing. We will concentrate on basic steps and variations to get you comfortable moving around the floor. You're sure to have fun and get a great workout! The dances covered are Foxtrot, Waltz, Merengue, Swing.

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

Calling all night owls! 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. You will 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.

NEW! 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.

REG

Member registration begins **Monday, April 9**
Non-Member registration begins **Tuesday, April 10**
Classes begin the week of **Sunday, April 29**