

## FIND YOUR FIT.

MONDAY	
21	9:00am-9:30am ★ 21-Day Body Transf. • Maddy B
7	5:00pm-6:00pm ≡ Climb Fit • Tara M
21	5:30pm-6:00pm ★ 21-Day Body Transf. • Troy
7	6:00pm-7:00pm ★ Tabata • Don A
7	6:30pm-7:30pm ◆ PiYo Barre • Joni

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	
21	9:00am-9:30am ★ 21-Day Body Transf. • Maddy B
7	5:00pm-6:00pm * Backyard Boot Camp • Joseph D
21	5:30pm-6:00pm ★ 21-Day Body Transf. • Troy
7	6:00pm-7:00pm ★ Metabolic Boot Camp • Joseph T

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	6:00pm-7:30pm ≡ ▸ Dry-Tri • Correen/Maddy/Nicole
7	6:30pm-7:30pm ● LaBlast® Fitness • Megan M
7	7:00pm-8:00pm ★ Fit Club • Rachel M

## MAY • JUNE 2019

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

SATURDAY	
7	7:55am-8:55am ■ Fit Swim • Correen/Nicole
7	8:00am-9:00am ★ Women on Weights • Lisa K
7	10:00am-11:00am * Gladiator Boot Camp • Joseph T

Schedule subject to change. For live schedule updates check [schedule.thewac.com](http://schedule.thewac.com)

WAC GREENFIELD ROOM KEY	
▸	Cycle Studio
≡	Fitness Floor
●	Group Exercise Studio
■	Indoor Pool
◆	Mind Body Studio
*	Outside
★	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

### Backyard Boot Camp

Summertime in Wisconsin is second to none—filled with baseball games, festivals and fairs. With these summer traditions, healthy eating habits and regular exercise routines are often thrown to the wayside. 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.

### 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!

### 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!

### 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.

### Dry-Tri

Row, bike, run. The Dry Tri substitutes swim caps for rowers. Join us as we train you to compete in your first dry triathlon. During these classes, our Trainers will prep you to row 3,000 meters, bike 8 miles and finish with a 3-mile run. Take on the challenge as an individual or with friends to compete in a relay team of two or three. At the last class, we will put your training to the test!

### 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.

### 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.

### PiYo Barre

PiYo Barre brings together the elegance and toning of Barre; the strength and core power of Pilates; and the flexibility and restoration of Yoga. This wonderful trio will build both the large and small muscle groups to sculpt your body into a long, lean and toned physique. Be prepared to work your upper body, core and lower body, and find your Zen in the end.

### 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.

REG

Member registration begins **Monday, April 15**  
Non-Member registration begins **Tuesday, April 16**  
Classes begin the week of **Sunday, May 5**

## workshops

### Aqua Barre Workshop

Thursday, May 16 • 6:00pm

Instructor: Angie D & Joe D

We are taking Barre to the Pool! Join us for a jam-packed barre workout that will incorporate exercises to tone & lengthen while feeling like a dancer.

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

### Ballroom Dance Workshop: Waltz/Cha Cha

Friday, May 3 • 6:30pm

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

### Beginner to Intermediate Triathlon Training

Wednesday, May 8 • 7:00pm

Instructor: Lauren J

This workshop will teach you how to successfully train for Sprint and International/Olympic Distance Triathlons. The triathlon training program will include written handouts with training plans for first-timers through seasoned triathletes. Fee: \$20 member | \$25 non-member

### Body Reinvented Workshop

Saturday, May 11 • 10:00am

Instructor: Chrissy C & Lisa K

Saturday, June 8 • 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

### Train While You Travel Workshop

Wednesday, May 22 • 7:00pm

Instructor: Lauren J

This workshop will teach you simple and effective exercises that you can do when traveling for business, vacations or any reason you can't get to the WAC. Come prepared to try out these portable bodyweight and resistance band exercises and receive a complete handout. Fee:

\$20 member | \$25 non-member

## try•itweek

Try complimentary Advanced classes, introductory classes and more!

### Monday, April 22

5:00pm - Climb Fit with Tara M

6:30pm - PiYo Barre with Joni

### Tuesday, April 23

5:30am - Treading Fit with Nicole F

6:30pm - Yoga Training with Correen G

### Wednesday, April 24

5:00pm - Backyard Boot Camp with Joseph D

6:00pm - Metabolic Boot Camp with Joseph T

### Thursday, April 25

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

6:00pm - Tabata with Don A

6:00pm - Dry-Tri with Correen/Nicole/Maddy

6:30pm - LaBlast@ Fitness with Megan M

7:00pm - Fit Club with Rachel M

### Friday, April 26

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

### Saturday, April 27

7:55am - Fit Swim with Correen/Nicole

10am - Gladiator Boot Camp with Joseph T

### Wednesday, May 1

6pm - Metabolic Boot Camp with Joseph T

### Thursday, May 2

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

### Saturday, May 4

10am - Gladiator Boot Camp with Joseph T

## 21day

### May Only

Class meets twice a week for 21 days

21-Day Fee: \$49 member | \$99 non-member

### 21-Day Body Transformation

Want to get a flat tummy fast? Let us show you how you can beat belly bulge in less than a month! We will take all the guess work out of it. The program includes 2 30-minute group workouts per week, a nutrition plan to help maximize your results and all the support you will need! Sign-up today. Class size is limited!



# ADVANCED TRAINING



GREENFIELD