

FIND YOUR FIT.

MARCH • APRIL 2020

MONDAY
5:15am-6:00am BODYPUMP® ●
5:30am-6:25am Cycle ▶
6:00am-6:55am Yoga ◆
8:15am-8:45am Core EXPRESS ●
9:00am-9:45am Cycle LITE ▶
9:00am-9:45am Treading ≡
9:00am-9:55am Step Fusion ●
9:00am-9:55am Yoga LITE ◆
9:00am-10:00am Water Fusion ■
10:00am-10:55am Zumba® ●
11:00am-11:45am Stretch ◆
11:00am-12:00pm Water ■
5:15pm-6:10pm Boot Camp ●
6:00pm-6:45pm Cycle ▶
6:00pm-6:55pm Yoga ◆
6:00pm-7:00pm Water ■
6:30pm-7:30pm Zumba® ●

TUESDAY
5:00am-5:45am Cycle ▶
6:00am-7:00am Water ■
7:45am-8:45am BODYPUMP® ●
8:00am-8:45am Stretch ◆
8:30am-9:30am Water ■
9:00am-9:55am Cycle ▶
9:00am-9:55am NIA ●
10:00am-10:55am Strength ●
10:00am-11:00am Yoga LITE ◆
5:00pm-5:55pm BODYPUMP® ●
5:30pm-6:15pm Pilates ◆
6:00pm-6:45pm Cycle ▶
6:00pm-6:45pm Ringside ●
7:00pm-8:00pm BODYPUMP® ●

WEDNESDAY
5:30am-6:30am BODYPUMP® ●
8:00am-8:45am Pilates LITE ◆
9:00am-9:45am Strength LITE ◆
9:00am-9:45am Treading ≡
9:00am-9:55am Zumba® ●
10:00am-10:55am Ringside ●
10:00am-11:00am Water ■
10:15am-11:10am Yoga ◆
11:00am-11:45am Cycle ▶
5:00pm-5:45pm Stretch ◆
5:00pm-6:00pm BODYPUMP® ●
6:00pm-6:45pm Cycle ▶
6:00pm-6:45pm Pilates ◆
6:00pm-7:00pm Water Fusion ■
6:05pm-7:00pm Groove ●
7:00pm-7:55pm Yoga ◆

THURSDAY
6:00am-7:00am Water ■
8:00am-8:55am NIA ●
9:00am-9:55am Cycle ▶
9:00am-9:55am Zumba® ●
9:00am-10:00am Water ■
9:10am-9:55am Pilates ◆
10:10am-11:10am BODYPUMP® ●
5:00pm-5:55pm Cycle ▶
5:00pm-6:00pm Yoga ◆
5:15pm-6:15pm BODYPUMP® ●
6:00pm-6:45pm Aqua Zumba® ■

FRIDAY
5:30am-6:25am Boot Camp ●
5:30am-6:25am Cycle ▶
6:00am-7:00am Yoga ◆
8:00am-8:45am Step ●
8:00am-8:45am Stretch ◆
9:00am-9:45am Core ◆
9:00am-9:55am Cycle ▶
9:00am-9:55am Zumba® ●
10:00am-10:45am Seated Conditioning ◆
10:00am-11:00am Water ■
11:00am-11:55am Yoga ◆
12:00pm-1:00pm BODYPUMP® ●

SATURDAY
7:15am-7:45am Interval EXPRESS ●
8:00am-8:45am Cycle ▶
8:00am-8:55am BODYPUMP® ●
8:30am-8:55am Core EXPRESS ◆
9:00am-9:45am Cycle ▶
9:00am-9:55am Water ■
9:00am-9:55am Yoga ◆
9:05am-10:00am Step Fusion ●
10:00am-10:30am Pilates EXPRESS ◆
10:05am-11:00am Zumba® ●
11:05am-12:00pm Ringside ●

SUNDAY
8:00am-8:55am Interval ●
9:00am-9:55am BODYPUMP® ●
9:00am-9:55am Cycle ▶
9:00am-9:55am Yoga ◆
10:00am-11:00am Water ■
10:05am-11:00am Hip Hop ●
11:00am-11:45am Cycle ▶
12:00pm-12:45pm Yoga ◆

WAC GREENFIELD ROOM KEY

● Group Exercise Studio (1) ◆ Mind|Body Studio (2)
 ▶ Cycle Studio ≡ Fitness Floor ■ Pool

LITE - With Lower Intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.

EXPRESS - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

CARDIO**Boot Camp**

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

Interval

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

Ringside

Be sure to experience this powerful cardio class involving bags and boxing gloves! Gain bag skills, agility, strength, balance and flexibility through this class. Class size may be limited.

Step

Step is a high energy, low impact, choreographed aerobic class using a low-lying bench. Expect to sweat, challenge your mind and enjoy the social aspect of this class.

Step Fusion

This class takes our popular step workout and combines it with the benefits of muscle conditioning to give you the most out of your cardio workout. Expect to use a variety of sculpting equipment.

Treading

Get inspired in this instructor led group treadmill class using various speeds and inclines. Participants will have their own treadmill to allow for making adjustments based on individual heart rate and fitness level. Pre-registration is required.

CYCLE**Cycle**

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere.

*Pre-registration is required.

GROOVE**Groove**

Get ready to cut loose and have fun in this cardio-dance class. Move to today's top dance and pop hits in a workout that feels like a party. Routines are easy to learn but still challenging to all fitness levels.

Hip Hop

Experience the fun way to burn fat and blast away calories! This class incorporates the latest hip hop dance moves in a high-energy, choreographed class to achieve a full body aerobic workout.

Zumba®

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

MIND|BODY**NIA**

Neuromuscular Integrative Action- This aerobic workout will teach you the power and strength of Martial Arts, the fun and expressiveness of dance, and the focus and awareness of the healing arts.

Pilates

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

Stretch

This full body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis.

Yoga

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

STRENGTH**BODYPUMP®**

BODYPUMP is a barbell training class designed to give you maximum results in the shortest amount of time. While low on complexity, this class has all the benefits of weight training. Increase your strength and metabolism with a great total-body workout.

*Pre-registration is required.

Core

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

Seated Conditioning

This conditioning class utilizes chairs, resistance bands and other props to deliver fitness while keeping participants moving with ease. The focus is on mobility, flexibility and strength.

Strength

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

WATER**Aqua Zumba**

Zumba hits the deck! This low impact choreographed class fuses Latin & International music and moves to create a dynamic and exciting water class.

Water

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our LITE series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

Water Fusion

Step up your basic water class with Water Fusion. This aquatics class features a cardiovascular and toning workout designed to take you to the next level in water fitness.

**COMPLIMENTARY CLASSES****GREENFIELD****WWW.THEWAC.COM****5020 S. 110TH STREET • 414.427.6500**