



# premium

## CLASS SCHEDULE

**NOVEMBER - DECEMBER**

### 7-WEEK CLASSES

#### **Body Transformation Boot Camp**

Fridays • 5:30-6:30am with Nicole

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**

Thursdays • 10:30-11:30am with Mary

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!

#### **Empower Yoga**

Tuesdays • 5-6pm with Correen  
Thursdays • 8:45-9:45am with Correen

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 workshop.

#### **Climb Fit**

Mondays • 5:30-6:30pm  
with Nicole

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.

#### **Fit Swim**

Tuesdays • 5:30-6:30am with Nicole  
Saturdays • 7:55-8:55am  
with Nicole and Correen

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.

#### **Fit & Fallproof**

Thursdays • 9-10am with Dennis

Have you fallen in the past or do you have a fear of falling? Join us in a progressive class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

#### **Extreme X**

Wednesdays • 5:30-6:30pm with Brett

Push yourself past what you ever thought possible. Led by a personal trainer, this class takes traditional interval training to a new level with long bursts of maximum intensity exercise and short periods of rest. Workouts will include cardio and plyometric exercises with intervals of power, resistance, strength and core training. The more variety you include in your workout, the better and faster your results will be.

#### **Gladiator Boot Camp**

Saturdays • 10-11am with Don

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!

#### **Tabata**

Mondays • 6-6:55pm with Don  
Thursdays • 6-6:55pm with Don

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**

Saturdays • 8-9am with Lisa

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

#### **Classes meet once a week for a 7-week session**

Fee: \$75 member | \$110 non-member

Drop-In Fee: \$15 member | \$20 non-member

#### **Registration Dates**

October 17 - member registration begins

October 18 - non-member registration begins

Sign up for Premium classes at the Front Desk.



**Greenfield**

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[www.thewac.com](http://www.thewac.com)