

FIND YOUR FIT.

MONDAY	TUESDAY	WEDNESDAY
5:30am-6:15am BODYPUMP® ●	5:00am-5:45am Cycle ▶	5:45am-6:40am BODYPUMP® ●
5:30am-6:25am Cycle ▶	6:00am-7:00am Water ■	8:00am-8:45am Pilates LITE ◆
6:00am-6:55am Yoga ◆	7:45am-8:45am BODYPUMP® ●	9:00am-9:45am Strength LITE ◆
8:15am-8:45am Core EXPRESS ●	8:00am-8:45am Stretch ◆	9:00am-9:55am Zumba® ●
9:00am-10:00am Water Fusion ■	8:15am-8:45am Treading ≡	10:00am-10:55am Ringside ●
9:00am-9:45am Cycle LITE ▶	9:00am-10:00am Water ■	10:00am-10:55am Yoga ◆
9:00am-9:55am Step ●	9:00am-9:55am Cycle ▶	10:00am-11:00am Water ■
9:00am-9:55am Yoga LITE ◆	9:00am-9:55am NIA ●	11:00am-12:00pm Bike Club *
10:00am-10:55am Zumba® ●	10:00am-10:55am Strength ●	5:00pm-6:00pm BODYPUMP® ●
11:00am-11:45am Stretch ◆	10:00am-11:00am Yoga LITE ◆	5:05pm-5:45pm Stretch ◆
11:00am-12:00pm Water ■	5:00pm-5:55pm BODYPUMP® ●	6:00pm-6:45pm Cycle ▶
5:00pm-5:30pm Strength EXPRESS ●	5:30pm-6:15pm Pilates ◆	6:00pm-6:45pm Pilates ◆
5:30pm-6:30pm Interval ●	6:00pm-6:45pm Ringside ●	6:00pm-7:00pm Water Fusion ■
6:00pm-6:45pm Cycle ▶	7:00pm-8:00pm BODYPUMP® ●	6:05pm-7:00pm Groove ●
6:00pm-6:55pm Yoga ◆		7:00pm-7:55pm Yoga ◆
6:00pm-7:00pm Bike Club LITE *		
6:00pm-7:00pm Water ■		
6:30pm-7:30pm Zumba® ●		

SEPTEMBER • OCTOBER 2019

THURSDAY	FRIDAY	SATURDAY
5:45am-6:15am Boot Camp EXPRESS ●	5:30am-6:25am Cycle ▶	7:15am-7:45am Interval EXPRESS ●
6:00am-7:00am Water ■	6:00am-7:00am Yoga ◆	8:00am-8:45am Cycle ▶
8:15am-8:45am Treading ≡	8:00am-8:45am Step ●	8:00am-8:55am BODYPUMP® ●
9:00am-10:00am Water ■	8:00am-8:45am Stretch ◆	8:30am-8:55am Core EXPRESS ◆
9:00am-9:55am Cycle ▶	9:00am-9:45am Core ◆	9:00am-9:45am Cycle ▶
9:00am-9:55am NIA ●	9:00am-9:55am Cycle ▶	9:00am-9:55am Water ■
10:10am-11:10am BODYPUMP® ●	9:00am-9:55am Zumba® ●	9:00am-9:55am Yoga ◆
4:15pm-4:45pm Boot Camp EXPRESS ●	10:00am-10:45am Seated Conditioning ◆	9:05am-10:00am Step Fusion ●
5:00pm-5:55pm Cycle ▶	10:00am-11:00am Water ■	10:00am-10:30am Pilates EXPRESS ◆
5:00pm-6:00pm Yoga ◆	11:00am-12:00pm Yoga ◆	10:05am-11:00am Zumba® ●
5:15pm-6:15pm BODYPUMP® ●	12:00pm-1:00pm BODYPUMP® ●	11:05am-12:00pm Ringside ●
SUNDAY		
		8:00am-8:55am Interval ●
		9:00am-9:55am Cycle ▶
		9:00am-9:55am Yoga ◆
		9:00am-9:55pm BODYPUMP® ●
		10:00am-11:00am Water ■
		10:05am-11:00am Hip Hop ●

WAC GREENFIELD ROOM KEY

- Group Exercise Studio (1) ◆ Mind|Body Studio (2)
- ▶ Cycle Studio ≡ Fitness Floor ■ Pool
- ⊛ Outdoor Pool * Outside

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.



COMPLIMENTARY CLASSES

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.

Bike Club

Grab your bike, helmet and water bottle and meet up with other WAC members for a bike ride. An instructor will lead you on a medium-intensity ride through local bike trails and paths in the community, weather permitting.

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

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.



GREENFIELD

WWW.THEWAC.COM

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