

4week

Once a week for a 4-week session
 Half-Hour Fee x1: \$40 member | \$60 non-member
 Hour Fee x1: \$80 member | \$120 non-member

Session 1 (S1): March 1 - March 28

Session 2 (S2): March 29 - April 26

Fit for Tennis

Fit for Tennis is our first fitness class offered specifically for tennis players. This course was designed by Personal Trainers and High-Performance Tennis Instructors to maximize a tennis player's athletic potential on the court. This tennis-fitness hybrid course will focus on: joint strengthening to avoid common tennis injuries, improving balance and footwork to increase court coverage and swing stability, and strengthening core rotational movements to increase power and spin on your shots. This class should be a staple in an avid tennis player's routine regardless of ability level or age.

MX4

Discover MX4 Training for a fresh, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance, or improve overall fitness, MX4 will help you achieve more with a mix of personal trainer attention, camaraderie, and challenging progressive workouts.

Power feat. TRX & Kettlebell

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.

Shred feat. Core

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).

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 24

9:30am - Shred feat. Core with Sara B

Tuesday, February 25

4:00pm - Junior Boot Camp with Alexis B

6:15pm - Barre Burner with Amanda H

6:15pm - Tread & Train with Shannon G

Wednesday, February 26

9:00am - Knockout with Kristine B

Thursday, February 27

8:00am - Barre Burner with Debra K

8:00am - R.I.S.E. with Alexis B



ADVANCED TRAINING



LAKE COUNTRY



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FIND YOUR FIT.

MONDAY

4 7:00am-7:30am S1/S2★
MX4 • Shannon G

7 7:45am-8:45am ★
Knockout • Kristine B

4 8:15am-8:45am S1/S2▲
Fit for Tennis • Alex K

7 8:45am-9:45am ▲
Happy Hour • Kayla K

4 9:30am-10:30am S1/S2★
Shred feat. Core • Sara B

4 5:15pm-5:45pm S1/S2★
MX4 • Angela R

TUESDAY

4 6:45am-7:45am S1/S2▲
Power feat. TRX & Kettlebell • Kris W

4 8:30am-9:00am S1/S2★
MX4 • Angela R

7 9:30am-10:25am ▲
P.I.N.K. • Amy P

7 9:30am-10:30am ★
Women on Weights • Sara B

7 4:00pm-5:00pm ●
Junior Boot Camp • Alexis B

4 6:00pm-7:00pm S1/S2▲
Power feat. TRX & Kettlebell • Michael B

7 6:00pm-7:00pm ★
Women on Weights • Kayla K

7 6:15pm-7:15pm ●
Barre Burner • Amanda H

7 6:15pm-7:15pm ≡
Tread & Train • Shannon G

WEDNESDAY

7 5:30am-6:30am ▲
Extreme X • Kayla K

7 8:45am-9:45am ≡
Tread & Train • Mike L

7 9:00am-9:55am ★
Knockout • Kristine B

4 12:15pm-12:45pm S1/S2★
MX4 • Kris W

4 6:30pm-7:00pm S1/S2★
MX4 • Shannon G

THURSDAY

4 6:45am-7:45am S1/S2▲
Power feat. TRX & Kettlebell • Kris W

7 8:00am-8:55am ◆
Barre Burner • Debra K

7 8:00am-8:55am ●
R.I.S.E. • Alexis B

4 8:30am-9:00am S1/S2★
MX4 • Angela R

7 9:30am-10:30am ▲
Women on Weights • Sara B

4 6:00pm-6:30pm S1/S2▲
Fit for Tennis • Alex K

4 6:00pm-7:00pm S1/S2▲
Power feat. TRX & Kettlebell • Michael B

MARCH • APRIL 2020

FRIDAY

4 7:15am-7:45am S1/S2★
MX4 • Kris W

7 8:45am-9:45am ≡
Tread & Train • Mike L

4 9:15am-9:45am S1/S2★
MX4 • Angela R

7 12:00pm-1:00pm ◆
Prenatal Yoga • Jane B

SATURDAY

4 8:00am-8:30am S1/S2★
MX4 • Angela R

4 8:45am-9:15am S1/S2★
MX4 • Angela R

SUNDAY

7 5:00pm-6:00pm ◆
Warm Yoga • Kristine B

WAC LAKE COUNTRY ROOM KEY

- ≡ Fitness Deck
- ▲ Gym/Court
- ★ Personal Training Studio
- ◆ MindBody Studio
- Studio 1

7week

Classes meet once a week for a 7-week session
7-Week Fee: \$60 member | \$95 non-member

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

Extreme X

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.

Happy Hour

Kick-start your metabolism and get those muscles smiling in this one-hour class that combines high-intensity interval training, total-body conditioning and foam rolling. Enjoy a bottle of water at the end of class...compliments of WAC. Your endorphins are calling!

Junior Boot Camp

This class encourages kids to make health and fitness a way of life. Participants benefit from a large group dynamic that motivates them to participate in a variety of activities such as running, interval training and bodyweight exercises. By working in pairs or small groups, children will have the opportunity to socialize and make friends while working at their own pace.

Knockout

Unleash your inner Rocky! Want to learn how to train like a boxer? In this class you will be guided by a certified trainer through a high-intensity circuit of boxing techniques incorporating individual stations of cardio and strength. You will develop and increase fitness stamina, agility and strength. Boxing gloves required.

P.I.N.K.

P.I.N.K. is more than just a pretty color. It's a weight-loss program that brings together the best of fitness and nutrition to meet the needs of women. P.I.N.K. incorporates Power, Intensity, Nutrition and "Kardio" to give you a full-body makeover from the inside out. Become a healthier and sexier you!

Prenatal Yoga

Designed specifically for expecting or new moms, this distinctive Yoga class provides energizing but gentle Yoga sequences and relaxation. Learn breathing, visualization and meditation techniques appropriate and safe for this time of unique body changes. This class is suitable for complete beginners and those adapting their regular Yoga practice.

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.

Tread & Train

This intense class will begin on the treadmill using different levels of incline and speed 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.

Warm Yoga

Turn up the heat in this yoga class. The warm temperature helps detoxify the body and increase blood flow, making muscles more pliable. Yoga poses are held longer to improve balance and strength. Warm Yoga will enhance your range of motion, making daily activities easier on your body.

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.

R E G Member registration begins **Monday, February 17**
Non-Member registration begins **Tuesday, February 18**
Classes begin the week of **Sunday, March 1**