



premium

CLASS SCHEDULE

JULY - AUGUST

4-WEEK CLASSES

MX4 *PT Studio*

Sessions 1 & 2

Mondays • 5:15pm with Angela

Saturdays • 8am with Angela

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.

HIIT & Lift *PT Studio*

Sessions 1 & 2

Tuesdays or Thursdays • 6:45am with Shannon

Improve your strength in this high intensity interval training (HIIT) and lifting program! Challenge your cardiovascular fitness using a combination of dumbbells, barbells, kettlebells, bands and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

HIIT Kettlebells *Gym*

Sessions 1 & 2

Tuesdays or Thursdays • 5:45pm with Mike B

Improve your functional movement in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using a combination of kettlebells and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

7-WEEK CLASSES

Tabata in the Pool *Pool*

Tuesdays • 7:45am with Cindy

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

Barre Burner *Studio 2*

Thursdays • 7:45am with Debbi

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!

OutFITT *Outdoors*

Meet in the Basketball Gym

Fridays • 9am with Mike L

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

Classes meet once a week for a 4-week session

Half-Hour Fee: \$50 member | \$70 non-member

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

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

June 13 - member registration begins

June 14 - non-member registration begins

For any questions, please contact the Group Fitness Manager, Kristina at kkleinschmidt@thewac.com

Lake Country

560 S Industrial Dr.

262.367.4999

www.thewac.com