

FIND YOUR FIT.

MARCH • APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:15am Interval ●	5:15am-6:10am BODYPUMP® ●	5:30am-6:00am SPRINT ▶	5:30am-6:15am BODYPUMP® EXPRESS ●	5:30am-6:15am Cycle ▶	7:00am-7:45am Cycle ▶
5:30am-6:25am Cycle ▶	7:15am-7:45am Step EXPRESS ●	5:30am-6:25am BODYCOMBAT ●	5:30am-6:25am Yoga Flow ◆	5:30am-6:25am Yoga ◆	7:45am-8:30am Interval ●
7:30am-8:25am Water Fusion ■	8:00am-8:45am Cycle ▶	6:05am-6:35am Core EXPRESS ◆	8:15am-9:00am Cycle ▶	6:20am-6:50am Core EXPRESS ●	8:00am-8:55am Yoga ◆
8:00am-8:30am SPRINT ▶	8:00am-8:45am Strength ●	7:30am-8:25am Water Power ■	9:10am-9:55am Stretch ◆	7:30am-8:25am Water Power ■	8:30am-9:25am Water Power ■
8:00am-8:45am Cardio Circuit ●	9:00am-9:30am CXWORX ◆	8:00am-8:55am Yoga Flow ◆	9:10am-10:05am BODYCOMBAT ●	8:00am-8:30am SPRINT ▶	8:45am-9:40am BODYPUMP® ●
8:00am-8:45am Stretch ◆	9:00am-9:55am BODYCOMBAT ●	8:20am-8:50am SPRINT ▶	10:15am-10:45am CXWORX ◆	8:00am-8:45am Strength ●	9:10am-10:05am Pilates ◆
8:50am-9:45am Pilates ◆	9:45am-10:40am Yoga Flow ◆	8:30am-9:00am Interval EXPRESS ●	10:30am-11:15am Balance and Stability ●	8:45am-9:40am Yoga Flow ◆	10:00am-10:55am Zumba® ●
9:00am-9:55am BODYPUMP® ●	10:05am-11:00am BODYPUMP® NEW! ●	9:00am-9:30am Core EXPRESS ◆	12:15pm-12:45pm Cycle EXPRESS NEW! ▶	9:00am-9:45am Cycle ▶	10:30am-11:00am SPRINT ▶
9:10am-9:40am SPRINT ▶	10:30am-11:15am Balance and Stability ▲	9:05am-9:50am Strength ●	5:00pm-6:00pm Move It! ●	9:00am-9:55am BODYPUMP® ●	11:15am-11:45am Group Fitness 101 ◆
9:15am-10:20am Water Power ■	11:30am-12:15pm Chair Yoga ◆	9:15am-9:45am SPRINT ▶	5:15pm-5:45pm SPRINT ▶	9:50am-10:45am Yoga Stretch ◆	SUNDAY
9:50am-10:20am Yoga EXPRESS ◆	12:00pm-12:45pm Strength ●	9:15am-10:10am Water Power ■	5:45pm-6:40pm Water Fusion ■	10:05am-11:00am Zumba® ●	7:30am-8:15am Interval ●
10:15am-11:00am Strength ●	5:00pm-5:30pm SPRINT ▶	10:00am-10:45am Interval ●	6:00pm-6:30pm Core ●		7:45am-8:15am SPRINT ▶
11:00am-11:55pm Yoga LITE ◆	5:20pm-6:05pm Groove NEW! ●	10:00am-10:55am Pilates ◆	6:00pm-6:55pm Yoga Flow ◆		8:30am-9:00am CXWORX ◆
12:15pm-12:45pm SPRINT ▶	5:35pm-6:05pm CXWORX ◆	11:15am-12:00pm Yoga LITE ◆			8:30am-9:15am BODYPUMP® EXPRESS ●
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5:15pm-6:00pm Cycle ▶	6:00pm-6:45pm Cycle ▶	5:15pm-6:10pm Yoga ◆			9:30am-10:25am Yoga ◆
5:45pm-6:30pm Interval ●	6:15pm-7:00pm Stretch NEW! ◆	5:30pm-6:15pm Cycle ▶			
6:30pm-7:25pm BODYPUMP® ●		5:30pm-6:25pm BODYPUMP® ●			
		6:30pm-7:00pm Core EXPRESS NEW! ◆			

WAC LAKE COUNTRY ROOM KEY

- Studio 1
- ◆ Studio 2
- ▶ Cycle Studio
- ▲ Gym/Court
- 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.



COMPLIMENTARY CLASSES



LAKE COUNTRY

CARDIO

BODYCOMBAT

This is an energetic full body workout inspired by the martial arts. Learn and execute movements designed to challenge and transform you. No experience is needed. BODYCOMBAT is a Les Mills Program.

Cardio Circuit

Get plugged into this circuit format class. There's no tricky choreography—just challenging and fun stations featuring cardio, muscle conditioning and balance training exercises.

Group Fitness 101

To get you acquainted with our group fitness program, we invite you to participate in Group Fitness 101. These 30 minute classes are designed to introduce you to the basic principles of a new format each week to set you up for a great experience. Our instructors will assist you in navigating through our schedule and help you find group classes that are a right fit for your needs and goals.

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.

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.

MIND|BODY

Chair Yoga

This gentle form of Yoga builds strength as you focus on breathing and poses to empower the mind, body and spirit. A chair will be incorporated into the class.

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.

Yoga Flow

This class moves at a steady pace, incorporating movement and flow within the sequence of postures. Yoga Flow encourages strength, stamina, balance, and flexibility. Modifications will be demonstrated.

Yoga Stretch

This all-levels class consists of long held postures that stretch deep into the muscles targeting the connective tissue of the hips, pelvis, and low back. This practice will gently encourage students to stay in the stretch to experience mental focus.

STRENGTH

Balance and Stability

This is a moderate intensity strength training class that focuses on joint rehabilitation, balance, postural alignment and core stabilization by using a variety of equipment pieces.

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.

CXWORX

During this 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into some hip, butt and lower back exercises. CXWORX is a Les Mills Program.

***Pre-registration is required.**

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.

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.**

SPRINT

This 30-minute high-intensity interval training workout uses an indoor cycle to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. SPRINT is a Les Mills Program.

***Pre-registration is required.**

GROOVE

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.

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.

WATER

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.

Water Power

Water Power is an intense, calorie-burning workout in the pool. This water class will increase your heart rate for a stronger cardio workout, as well as tone and strengthen your entire body!

JUNIOR

Move It!

This class is designed to introduce the fitness fun to children. Each week, we will showcase a new group fitness format, games or sports-related exercises. Taught by experienced youth Instructors, your child can expect to learn new exercises while working up a sweat! This class is open to children ages 9 to 15.

*** Parent does not need to be present**

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