

# premium

## CLASS SCHEDULE

**MARCH-APRIL**

### 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 with Shannon

Tuesdays or Thursdays • 6:45am

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**

Session 1 with Mike B

Tuesdays • 5:45pm - Gym

Thursdays • 5:45pm - PT Studio

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

#### **Re-Bound & Build**

Studio 1

Mondays • 10:30am with Erin

Want to "spring" into a new and fun workout routine? If so, try rebounding. With the use of a small exercise trampoline, you will get your heart pumping while strengthening your muscles. This high-energy and low-impact cardio will torch calories, increase balance, improve stability and increase lymphatic flow to flush out toxins. Cool down with full-body strength exercises off the rebounder to complete an awesome workout!

#### **Women on Weights** *PT Studio*

Wednesdays • 9am with Becky

Thursdays • 6pm with Kayla

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.

#### **Tread & Train** *Cardio Deck*

Wednesdays • 9am with Mike L

Fridays • 9am with Mike L

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.

#### **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!

#### **My First Race**

PT Studio

Thursdays • 9:15am with Mary

This class will focus on the strength training side of a strong running plan. Running plans will be included with this class as well. Whether you are a runner, jogger or walker, we'll give you the specific coaching and training you need to run a 5K.

#### **Registration Dates**

February 20 - member registration begins

February 21 - non-member registration begins

**For any questions, please contact the Group Fitness Manager, Kristina at [kkleinschmidt@thewac.com](mailto:kkleinschmidt@thewac.com)**

#### **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





### Yoga Foundations

Saturday, March 4 • 11:15am-12:15pm  
Studio 2 with Steve

Why should you try yoga? And, how can you practice it to yield its fantastic benefits? Done properly, yoga helps increase and maintain strength, balance and flexibility. Yoga can be used in all aspects of our physical and emotional lives. This workshop will demonstrate the subtleties of using focus, breath and muscle control to get the most out of your time on the mat. This workshop is focused toward Beginner to Intermediate yogis.

### Group Fitness 101

Saturday, March 11 • 10:15-11am - Yoga  
Studio 2 with Lisa

Get acquainted with our group fitness programs in Group Fitness 101. Each class, we'll lead you through the basics of a specific format and set you up for a great experience. Our instructors will give you tips on equipment, class language and instructor cues, and lead you through a sample class.

*Complimentary - Sign up on the WAC App.*

### Yoga for Stress Relief

Saturday, March 18 • 11am-12pm  
Studio 2 with Eileen

Stress can take a toll on the body and leave you feeling exhausted physically and mentally. It has been proven that yoga poses, breath work, and mindfulness practices can help reduce your stress level and decrease anxious feelings. In this class, you will learn new techniques and progress your yoga practice to help decrease your stress levels.

### Swim Strong for Triathletes

Thursday, March 23 • 6-7pm  
Thursday, March 30 • 6-7pm  
Pool with Ruth Ann

Whether you are a beginner triathlete or simply want to take your training up a level, Swim Strong for Triathletes can help get you there. This workshop will use specialized drills and other methods to improve swimming technique and endurance. You will walk away with tips and ideas to help you swim strong at your next race!

### Youth Sports Conditioning Camp

Tuesday, March 28 - Friday, March 31  
5-8th Grades • 2-3pm | 9-12th Grades • 3-4pm  
Camp Fee: \$95 member | \$115 non-member  
Gym with Lucas

This class will help kids achieve their full athletic potential through an intricate blend of endurance, agility, exercise fundamentals and flexibility training. The key to success in athletics is hard work and participation in a broad range of activities. Speed and strength are not inherited; they are taught. Participants will learn how to execute moves with proper form, installing a solid exercise foundation they will use the rest of their lives. They will work hard and have a blast as we work our way through the program.

### Youth Swim Camp

Tuesday, March 28 - Friday, March 31  
Preschool/Preschool+ • 11am-11:30am  
Level 1 • 11:35am-12:05pm  
Level 2 • 12:10-12:40pm  
Level 3 • 12:45-1:15pm  
Camp Fee: \$50 member | \$70 non-member  
Pool with David

Learn to swim in our accelerated swim camp program. In this consecutive-day format, we will introduce, practice and review skills daily. This allows children to retain and practice what they learned to effectively and efficiently progress their skills.

Workshop Fee: \$20 member | \$25 non-member

Register for workshops at the Front Desk.



### Swim Strong for Triathletes

Thursday, April 6 • 6-7pm  
Thursday, April 13 • 6-7pm  
Pool with Ruth Ann

Whether you are a beginner triathlete or simply want to take your training up a level, Swim Strong for Triathletes can help get you there. This workshop will use specialized drills and other methods to improve swimming technique and endurance. You will walk away with tips and ideas to help you swim strong at your next race!

### Cycle Build Ups\*

Fridays • 8:30am  
April 14 - 70 minutes  
April 21 - 85 minutes  
April 28 - 100 minutes  
Cycle Studio with Marie

Are you ready to get back in the saddle again? We are offering three time-progressive indoor cycling workshops to help build your endurance for longer outdoor bike rides. Come to one, two or all three of the instructor-guided rides and track your progress.

### Yoga for Stress Relief

Saturday, April 15 • 11am-12pm  
Studio 2 with Eileen

Stress can take a toll on the body and leave you feeling exhausted physically and mentally. It has been proven that yoga poses, breath work, and mindfulness practices can help reduce your stress level and decrease anxious feelings. In this class, you will learn new techniques and progress your yoga practice to help decrease your stress levels.

### Yoga Foundations

Sunday, April 16 • 10:15-11:15am  
Studio 2 with Steve

Why should you try yoga? And, how can you practice it to yield its fantastic benefits? Done properly, yoga helps increase and maintain strength, balance and flexibility. Yoga can be used in all aspects of our physical and emotional lives. This workshop will demonstrate the subtleties of using focus, breath and muscle control to get the most out of your time on the mat. This workshop is focused toward Beginner to Intermediate yogis.

### Self-Defense

Sunday, April 16 • 10:15-11:15am  
Studio 1 with Garrett

This Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence.

### Deep Water Fit

Thursday, April 27 • 6-7pm  
Pool with Cindy

Challenge your core, body and stability with this deep water format. Held in the 5-foot depth area of the pool, you'll use flotation belts to keep your feet just above the pool floor, giving you the ability to do the entire class suspended in a no-impact, high-cardio workout! Add Styrofoam barbells to perform a variety of motions including water running, abdominal work and toning exercises. Deep Water Fit is an enjoyable and effective workout for all ages and fitness levels.

### Group Fitness 101

Saturday, April 29 • 9:45-10:30am - Water  
Pool with Debbi

Get acquainted with our group fitness programs in Group Fitness 101. Each class, we'll lead you through the basics of a specific format and set you up for a great experience. Our instructors will give you tips on equipment, class language and instructor cues, and lead you through a sample class.

*Complimentary - Sign up on the WAC App.*

Workshop Fee: \$20 member | \$25 non-member

\*Workshop Plus Fee: \$25 member | \$30 non-member

Register for workshops at the Front Desk.

