

MAY - JUNE



# ADVANCED TRAINING

## 4 Week Classes

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| 4 | <b>Shred Feat. TRX</b><br>Gym/Outdoors   Sessions 1 & 2<br>Mondays • 5:30am with Amber                                                   | 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).                                                                                                                                                                                                    |
| 4 | <b>MX4</b><br>PT Studio   Sessions 1 & 2<br>Mondays • 5:15pm with Angela<br>Fridays • 7:30am with Shannon<br>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. |
| 4 | <b>Power</b><br>PT Studio   Sessions 1 & 2<br>Tuesdays or Thursdays • 6:45am with Shannon                                                | 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.                                                                                                                                                                                                                                                                                        |
| 4 | <b>Power Feat. TRX &amp; Kettlebells</b><br>Gym   Sessions 1 & 2<br>Tuesdays or Thursdays • 6pm with Mike B                              | 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.                                                                                                                                                                                                                                                                                        |

## 7 Week Classes

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|---|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7 | <b>Tabata in the Pool</b><br>Pool<br>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.                                                                                           |
| 7 | <b>Women on Weights</b><br>PT Studio<br>Wednesdays • 9am with Becky                  | 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.                                                                                                                                                                   |
| 7 | <b>Barre Burner</b><br>Studio 2<br>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!                                                                                                                                 |
| 7 | <b>OutFITT</b><br>Outdoors - Meet in the Basketball Gym<br>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! |

## Register for Advanced Training at the Front Desk

### Classes meet once a week for a 4-week session

Half-Hour Fee: \$50 member | \$70 non-member  
Drop-In Fee: \$15 member | \$20 non-member

### Classes meet once a week for a 7-week session

One-Hour Fee: \$75 member | \$110 non-member  
Drop-In Fee: \$15 member | \$20 non-member

### Registration Information

April 18 | member registration begins.  
April 19 | non-member registration begins.

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

Lake Country

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MAY

# WORKSHOPS

## Live DJ Cycle Ride

Cycle Studio with Kris B and DJ Deric S  
Friday, April 29 • 5:30 and 6:30pm

Join us for a party on wheels. A DJ will spin tunes as you ride in a challenging, heat-building and heart-pumping experience. Have fun and let the beat drive you across a varied terrain. All levels of experience are welcome.

## Mommy & Me Yoga

Studio 2 with Lisa T  
Tuesday, May 3 • 4:30pm

Have some fun enhancing the bond between mom and child during this Yoga workshop. Set happy, healthy examples together as we practice fun, creative play with breath work, balance, trust and flexibility. This is great for building confidence and individuality for the inner yogi in you and mom. Ages 4 and up; one child per adult.

## Cinco de Mayo Zumba Party\*

Gym with Chris A  
Thursday, May 5 • 5:15pm  
*Children ages 5-12 are free*

Come join our fabulous Zumba instructor for a dance party celebrating Cinco de Mayo. Afterwards enjoy snacks, a complimentary drink and socializing in the Club Pub. This is a family friendly event! If you're planning to bring a child, please only one child per adult.

## Zumba 101

Studio 1 with Debbi K  
Saturday, May 21 • 11am  
*Complimentary*

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.

## Deep Water Fit

Pool with Cindy VB  
Tuesday, May 24 • 6pm

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 equipment 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.

## Emotional Eating

Studio 2 with Kim F  
Saturday, May 28 • 11am

Discover how losing the emotional weight connected with mindless eating can lead to a more supportive, kinder eating style. With a more mindful focus on your unique needs, your best eating style becomes clear. Expect better physical and emotional health over time, and quite possibly some weight off your belly, hips, and thighs in the process.

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

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

Register for Workshops at the Front Desk

