



# premium

## CLASS SCHEDULE

**NOVEMBER - DECEMBER**

### 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 Cardio Gym**

Sessions 1

Mondays • 9am with Erin

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.

#### **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

#### **Happy Hour Gym**

Mondays • 8:30am with Kayla

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 the WAC. Your endorphins are calling!

#### **Aqua Trifecta Pool**

Tuesdays • 7:45am with Cindy

**Special fee due to pool shutdown**

Fee: \$43 member | \$63 non-member

Come join us for a fun-filled experience of three different water formats. This class will include 15-minute sessions of aqua kickboxing, Tabata in the pool and Poolates. You can expect both cardio and strength training through punch and kick sequences, and high intensity timed intervals followed by short periods of active recovery. Finishing with an innovative Pilates in the pool session. This method uses buoyancy to strengthen muscles, enhance flexibility, sharpen coordination and balance the body and soul.

#### **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.

#### **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!

#### **Tread & Train**

Meet on Cardio Deck

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.

#### **Registration Dates**

October 17 - member registration begins

October 18- 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





# WORKSHOPS

## NOVEMBER - DECEMBER

### **Bikes, Boot Camp and Bevies\***

**Saturday, November 5 • 9:30-10:30am**  
Cycle Studio and Gym with Kayla

Join us for a Bike and Boot Camp class. We will crank up your cardio and spend time on and off the bikes, while building endurance and strength. Stay afterward for a beverage with the class!

### **Restorative Yoga Series**

**Sunday, November 6 • 10:45-11:45am**  
**Sunday, November 20 • 10:45-11:45am**  
**Sunday, December 4 • 10:45-11:45am**  
**Sunday, December 18 • 10:45-11:45am**  
Studio 2 with Lisa

Could you use more calm in your daily routines? Would you like to learn to let go of tension in your body and completely find rest? Restorative Yoga is a practice that incorporates the use of props and the natural pull of gravity to support the body and increase mobility of joints and ligaments. Restorative yoga is a gentle practice that gives you the space and time to explore yoga poses to see where you are holding tension in your body and gently work into the deeper tissues and fascia. Most restorative poses are done seated on the floor with the use of bolsters, blankets, straps and blocks and is designed to bring on recovery and restoration of your mind and body.

### **Full Moon Yoga**

**Thursday, November 10 • 6:45-7:45pm**  
**Monday, December 5 • 6:15-7:15pm**  
Studio 2 with Emily

Join us for a full moon yoga flow where we'll focus on letting go of what no longer serves us physically, mentally, emotionally or spiritually. Using our breath as a guide, we will center around self-reflection, releasing unwanted energy and staying connected to nature.

### **Ski & Board Fit**

**Thursday, November 10 • 6-7pm**  
Gym with Amber

It's never too early to start getting ready for your winter sport. This program will give you the stability, strength, stamina and power needed to tackle any terrain this winter. Whether you're looking to rip down a mogul field, take on your first Birkie or just keep up with your kids, let's get your body and mind ready for the upcoming winter season.

### **Advanced Yoga Postures\***

**Thursday, December 8 • 6:15-7:45pm**  
Studio 1 with Steve

Challenge your strength, flexibility and balance in a fun and innovative way. We will build up to and break down an advanced Yoga posture in a safe and effective way, then end with a deep relaxation.

### **Acoustic Yoga\***

**Sunday, December 11 • TBD**  
Studio 1 with Kris

Come and take your yoga practice to another level with live music. Enjoy the acoustic sounds of guitar while moving to a Vinyasa flow yoga class. The combination of live music and yoga is natural, beautiful and peaceful. Experience the beauty of the two together.

## YOUTH CAMPS

### **Youth Sports Conditioning Camp**

**December 27 – December 30**  
Gym with Lucas  
5-8th Grades • 8:30-9:30am  
9-12th Grades • 9:30-10:30am  
**Camp Fee: \$95 member | \$115 non-member**

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. Kids will work hard and have a blast as we work our way through the program.

### **Swim Camp**

**December 27 – December 30**  
Pool with David - *Find more information on camp flyer.*  
**Camp Fee: \$50 member | \$70 non-member**

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



**Register for workshops and camps at the Front Desk.**

**Lake Country**

560 S Industrial Dr.

262.367.4999

[www.thewac.com](http://www.thewac.com)