

# premium

## CLASS SCHEDULE

SEPTEMBER - OCTOBER

### 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.

#### **HIIT Cardio** *Gym*

Sessions 1

Thursdays • 9:30am 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.

### 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

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

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!

#### **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!

#### **Registration Dates**

August 15 - member registration begins

August 16- 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

