

FIND YOUR FIT.

MONDAY	
7	9:30am-10:25am ● Barre Burner • Melissa C
4	10:30am-11:00am (S1)(S2) ● Shred feat. HIIT It • Megan S
7	6:00pm-6:55pm ≡ Sweat & Snack • Chelsea F NEW!
7	7:15pm-8:10pm ● Yoga: Philosophy in Practice Jamie V

TUESDAY	
7	9:30am-10:25am □ Breathing & Meditation • Ryan W
4	5:30pm-6:00pm (S1)(S2) ≡ Shred feat. Row • Ryan M
7	7:15pm-8:10pm ● Barre Burner • Rebecca J

WEDNESDAY	
7	9:30am-10:25am ● PiYo • Janet M
4	10:30am-11:00am (S1)(S2) ● Shred feat. HIIT It • Megan S
12	6:00pm-6:55pm ▲ Lose It

THURSDAY	
7	9:30am-10:25am ≡ Tread & Train • Jay K
7	10:30am-11:15am ● Fit & Fall Proof • Katie L
7	11:30am-12:25pm ≡ Women on Weights • Kara NEW!
7	5:00pm-5:55pm ● Barre Burner • Rebecca J
7	6:10pm-7:05pm ● Prenatal Yoga • Senta M
7	7:00pm-10:00pm ▲ 3-on-3 Basketball League

FRIDAY	
4	8:30am-9:30am (S1)(S2) ≡ Shred feat. Row • Ryan M
7	9:30am-10:25am ● PiYo • Janet M NEW!
4	10:30am-11:00am (S1)(S2) ☾ Shred feat. TRX Plus • Megan NEW!

SATURDAY	
7	9:30am-10:25am ■ Tabata in the Pool • Katie L

SUNDAY	
7	12:30pm-1:25pm ● Barre Burner • Dana D NEW!

Schedule subject to change. For live schedule updates check schedule.thewac.com

WAC NORTH SHORE ROOM KEY	
●	Studio
▲	Gym
≡	Fitness Floor
■	Exercise Pool
■	Lap Pool
☾	TRX
□	Conference Room

7week

Classes meet once a week for a 7-week session
7-Week Hour Fee: \$60 member | \$95 non-member

Barre Burner

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!

Breathing & Meditation

The quality of our breath has a significant impact on our physical health and emotional well-being. Join us in learning simple and effective techniques for developing slow, calm, and efficient breathing. We will also learn to explore and manage our thoughts and emotions through simple meditation practices.

Fit & Fall Proof

Have you fallen in the past or do you have a fear of falling? Join us in a progressive class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

PiYo

PiYo is a hybrid athletic workout that combines mind/body practices of Yoga and pilates, which will help you burn calories and build muscle. The dynamic blend of continuous movement from one pose to another increases strength, balance and agility, while being easy on the mind and joints. Transform your body and exhilarate your mind!

Prenatal Yoga

Designed specifically for expecting or new moms, this distinctive Yoga class provides energizing but gentle Yoga sequences and relaxation. Learn breathing, visualization and meditation techniques appropriate and safe for this time of unique body changes. This class is suitable for complete beginners and those adapting their regular Yoga practice.

Tabata in the Pool

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.

Tread & Train

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.

Women on Weights

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

Yoga: Philosophy in Practice

The class will consist of a few minutes of discussion regarding the topic for that week, followed by an asana practice that ties or relates to the topic. The focus is still primarily on the Yoga postures we all love, but the instructor will help to "connect the dots" for the participants between the Yoga movement and philosophy.

Sweat & Snack

Exercise and nutrition are the key components to a healthy lifestyle, now you can experience both in this unique combination class! Led by a Registered Dietitian, each session begins with a circuit style workout easily tailored to any fitness level followed by 30 minutes of discussion about nutrition while we enjoy a post workout snack.

4week

Once a week for a 4-week session
Half-Hour Fee x1: \$40 member | \$60 non-member

Session 1 (S1): January 6 - February 2

Session 2 (S2): February 3 - March 2

Shred

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).

3-on-3 basketball league

Thursdays • 7-10pm

This 7-week league will consist of two 15-20-minute halves. A champion will be awarded a prize, as well as club bragging rights.
Fee: \$40 member | \$75 non-member

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Wednesday, January 2

9:30am - PiYo with Janet M

6:00pm - Lose It

Thursday, January 3

9:30am - Tread & Train with Jay K

9:30am - Breathing & Meditation with Ryan W

11:30am - Women on Weights with Kara B

5:00pm - Barre Burner with Rebecca J

Saturday, January 5

9:30am - Tabata in the Pool with Katie L

Metabolic testing

January 5th • 8-11am

February 4th • 1-5pm

Learn your resting metabolic rate to help you develop strategies to meet your health and fitness goals. Testing includes a brief breathing test that requires a four-hour fast prior to measurement. Please do not exercise or eat for four hours before testing. Please reach out to Chelsea cfilbrandt@thewac.com with questions or to schedule by appointment.

Fee: \$60 member | \$75 non-member

12week

Once a week for a 12-week session

12-Week Hour Fee: \$299 member | \$419 non-member

Lose It

Lose It is a weight loss program that includes nutrition counseling, group personal training sessions, unparalleled motivation and inspiration, a t-shirt and more! Let our Fitness Team help you effectively lose weight, achieve your personal fitness goals and be accountable to the most important person...you!

January 2 • 6:00pm - Lose It Meet and Greet
January 12 • 8:30am - Lose It Meet and Greet
January 21 • Lose It Begins

LOSE IT!

MEMBER Member registration begins **Monday, December 17**
Non-Member registration begins **Tuesday, December 18**
Classes begin the week of **Sunday, January 6**

workshops

Candlelight Yoga Workshop

Saturday, February 16 • 5:00pm

Instructor: Amy Z

Set aside some time for yourself! Enjoy this Yoga class designed to help you unwind and de-stress. The practice will include gentle flow, restorative and Yin (long hold) postures, and will close with a generous relaxation/meditation. Some Yoga experience is suggested but not required.

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

Heart Healthy Eating Workshop

Thursday, February 7 • 6:00pm

Instructor: Chelsea F

A heart-healthy lifestyle is important to your quality of life and can also significantly extend it! We know more every day about what puts us at risk and what to do to reduce those risks. Join us for an update on recommendations for heart healthy living and sensible management of risk factors.

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

Intermittent Fasting Workshop

Thursday, January 17 • 6:00pm

Instructor: Chelsea F

Intermittent fasting is a hot topic! Is it healthy? Is it for you? This workshop will look at the effects of fasting and present the science behind the claims. A snack and starter plan will be provided.

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

Yoga Nidra Workshop

Saturday, January 19 • 9:00am

Friday, February 8 • 5:30pm

Instructor: Jamie V

Yoga Nidra, commonly known as yogic sleep, is a restorative meditation that guides you into conscious awareness of each part of the body to induce a deep and effortless relaxation. Yoga Nidra is not about falling asleep; rather, Yoga Nidra helps you achieve a relaxed body, fluid mind and higher awareness. Experience a guided meditation and learn techniques designed to complement and enhance the practice. The method is easily accessible and no prior Yoga experience is required.

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

PiYo Workshop

Friday, January 18 • 5:00pm

Instructor: Ashlee S

PiYo is a hybrid athletic workout that combines mind/body practices of Yoga and pilates, which will help you burn calories and build muscle. The dynamic blend of continuous movement from one pose to another increases strength, balance and agility, while being easy on the mind and joints. Transform your body and exhilarate your mind!

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

Restorative Yoga Workshop

Sunday, January 20 • 1:00pm

Sunday, February 17 • 1:00pm

Instructor: Pamela F

Restore and renew your body. Move through traditional Yoga techniques to relieve fatigue and muscle tension. Pranayama (breath work), balancing and nurturing poses will help calm the mind. Props may be incorporated.

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

YES Workshop

Saturday, January 26 • 12:00pm

Saturday, February 23 • 12:00pm

Instructor: Kara B

Join us for a 60-minute workshop sample of YES (Youth Exercise Squad): our 12-week program that helps kids build a healthy lifestyle and gives them the platform to make strides in their athletic and fitness development. This workshop will provide information for parents and activities for young athletes. Register at the Front Desk.

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



ADVANCED TRAINING



NORTH SHORE

