

## FIND YOUR FIT.

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

TUESDAY	
7	9:30am-10:25am □ Breathing & Meditation • Ryan W
4	5:30pm-6:00pm ≡ 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 ● 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 B
7	5:00pm-5:55pm ● Barre Burner • Rebecca J
7	7:00pm-10:00pm ▲ 3-on-3 Basketball League

## MARCH • APRIL 2019

FRIDAY	
4	8:30am-9:00am ≡ Shred feat. Row • Ryan M
7	9:30am-10:25am ● PiYo Barre • Janet M <b>NEW!</b>
4	10:30am-11:00am ☾ Shred feat. TRX Plus • Megan S

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

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

Schedule subject to change. For live schedule updates check [schedule.thewac.com](http://schedule.thewac.com)

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

## metabolic testing

March 23 • 8-12pm

April 1 • 2-7pm

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](mailto:cfilbrandt@thewac.com) with questions or to schedule by appointment.

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

## 4week

Once a week for a 4-week session

Half-Hour Fee x1: \$40 member | \$60 non-member

**Session 1 (S1): March 3 - March 30**

**Session 2 (S2): March 31 - April 27**

## 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).

## 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!

### PiYo Barre **NEW!**

PiYo Barre brings together the elegance and toning of Barre; the strength and core power of Pilates; and the flexibility and restoration of Yoga. This wonderful trio will build both the large and small muscle groups to sculpt your body into a long, lean and toned physique. Be prepared to work your upper body, core and lower body, and find your Zen in the end.

## 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.

## 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.

## try-itweek

Try complimentary Advanced classes, introductory classes and more!

### Monday, February 25

7:15pm - Yoga: Philos. in Practice *with Jamie V*

### Tuesday, February 26

9:30am - Breathing & Medit. *with Ryan W*

### Wednesday, February 27

9:30am - PiYo *with Janet M*

### Thursday, February 28

9:30am - Tread & Train *with Jay K*

11:30am - Women on Weights *with Kara B*

5:00pm - Barre Burner *with Rebecca J*

### Friday, March 1

9:30am - PiYo Barre *with Janet M*

### Saturday, March 2

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

## workshops

### Barriers to Weight Loss Workshop

Thursday, March 14 • 6:00pm

*Instructor: Chelsea F*

Come and learn what unique barriers you may be facing and how to overcome them. This class will help you identify your own challenges and provide practical diet and environmental tips that will result in reaching your weight loss goals.

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

### Yoga for Beginners Workshop

Sunday March 3 • 8:00am

Sunday March 10 • 8:00am

Sunday March 17 • 8:00am

Sunday March 24 • 8:00am

*Instructor: Heather E*

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

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

## courtsports

### 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 | \$60 non-member

### Nutrition for Optimum Workouts Workshop

Thursday, April 11 • 6:00pm

*Instructor: Chelsea F*

Learn how to fuel your body before, during and after your workout. With many sports nutrition products available on the market, we will be discussing what ingredients to look for and what to avoid.

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

### Restorative Yoga Workshop

Sunday, April 28 • 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

### Tidal Wave Workshop

Saturday, March 16 • 11:00am

Tuesday, April 23 • 6:00pm

*Instructor: Katie L*

Make a splash in Tidal Wave as you transition from water to land (pool deck) and back. This workshop will challenge you in all aspects of cardio, strength and beyond.

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

### March Madness 3-on-3 Basketball Tournament

March 16 • 12:30pm

Join us for our competitive 3-on-3 Basketball Tournament. Play will be 20-minute games, double elimination. Teams will have four players (one sub allowed). Prizes will be awarded to the 1st and 2nd place teams. Visit the Front Desk for more details or to sign up; advanced registration is strongly encouraged. Ages 16 and older.

Fee: \$10 per player (member)

\$15 per player (non-member)



# ADVANCED TRAINING

