

workshops

Barriers to Weight Loss

Workshop

Monday, March 16 • 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

Roll & Release Workshop

Saturday, March 21 • 9:00am

Instructor: Cassie H

Foam rolling is an effective way to provide relief to your body's "trigger points" and increase flexibility through massage techniques you can learn and utilize yourself. This workshop offers in-depth instruction on proper foam rolling techniques that will help you achieve maximum benefits.

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

Focus on Fad Diets

Workshop

Tuesday, April 14 • 6:00pm

Instructor: Chelsea F

It can be so tempting to jump on the latest diet bandwagon, but there are a few things to consider before deciding if it's for you. This one-hour session will update you on current trends in weight loss so you can make a more informed decision.

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

Kick Fit

Tuesday, March 10 • 7:15pm

Tuesday, March 24 • 7:15pm

Tuesday, April 14 • 7:15pm

Tuesday, April 28 • 7:15pm

Instructor: James C

Kick Fit is a vigorous workout featuring one-on-one bag punching, kickboxing, strength, conditioning and intense interval and core training. Burn calories, tone muscles, develop strength and relieve stress while learning self-defense. There's no tricky choreography... just come ready to sweat!

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

Mom & Toddler Yoga

Workshop

Sunday, April 26 • 3:00pm

Instructor: Senta M

Have some fun enhancing the bond between you and your toddler 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 beginning the life-long love of fitness. Ages 2-5.

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



ADVANCED TRAINING



NORTH SHORE



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7601 N. PORT WASHINGTON RD. • 414.228.2800

FIND YOUR FIT.

MONDAY	
7	9:30am-10:25am ● Barre Burner • Melissa C
4	10:30am-11:00am S1S2 ● Shred feat. HIIT It • Janet M
7	7:15pm-8:10pm ● Yoga: Phil. in Practice • Jamie V

TUESDAY	
7	6:00am-6:55am ▲ Strong by Zumba® • Theresa B
7	9:30am-10:25am □ Breathing & Meditation • Ryan W
7	7:15pm-8:10pm ● Barre Burner • Rebecca J

WEDNESDAY	
7	9:30am-10:25am ● PiYo • Janet M
4	10:30am-11:00am S1S2 ● Shred feat. HIIT It • Janet M
4	7:20pm-7:50pm S1S2 ■ Shred ft. Water Circuit • Cassie H

THURSDAY	
7	9:30am-10:25am ≡ Tread & Train • Jay K
7	10:30am-11:15am ● Fit & Fall Proof • Katie L
7	5:00pm-5:55pm ● Barre Burner • Rebecca J
7	6:10pm-7:05pm ● Kettlebell Training • Travis O

MARCH • APRIL 2020

SATURDAY	
4	8:00am-8:30am S1S2 ☾ Shred ft. TRX Plus • Cassie H
7	12:00pm-12:55pm ▲ Junior Boot Camp • Cassie H

SUNDAY	
7	10:00am-12:00pm ≡ Tri-Fit • Melissa C
7	3:45pm-4:40pm ● Prenatal Yoga • Senta M

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.

Junior Boot Camp

This class encourages kids to make health and fitness a way of life. Participants benefit from a large group dynamic that motivates them to participate in a variety of activities such as running, interval training and bodyweight exercises. By working in pairs or small groups, children will have the opportunity to socialize and make friends while working at their own pace.

Kettlebell Training

The kettlebell is an incredible and versatile tool for strength and conditioning. We will teach you safe and effective movement patterns that will allow you to utilize kettlebells in your current fitness routine. After 7 weeks of progressive movements, learn how to safely and effectively swing a kettlebell and perform a Turkish get-up.

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.

Strong by Zumba®

Strong by Zumba combines high-intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.

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.

Tri-Fit

Whether you are aspiring to become a triathlete or just want to take your fitness up a level, Tri-Fit training can help get you there. This course will teach you how to become a stronger swimmer, more efficient biker and better runner by improving your time, stroke and endurance. This two-hour class has special pricing, please contact the programming team at your club for more information.

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.

4week

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

Session 1 (S1): March 1 - March 28

Session 2 (S2): March 29 - April 26

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).

WAC NORTH SHORE ROOM KEY

- Studio
- ▲ Gym
- ≡ Fitness Floor
- Exercise Pool
- ☾ TRX
- Conference Room

try·itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 24

9:30am - Barre Burner with Melissa C

Tuesday, February 25

9:30am - Breathing & Meditation with Ryan W

Wednesday, February 26

9:30am - PiYo with Janet M

Thursday, February 27

9:30am - Tread & Train with Jay K
6:10pm - Kettlebell Training with Travis O

Saturday, February 29

12:00pm - Junior Boot Camp with Cassie H

MEMBER Registration begins **Monday, February 17**
Non-Member registration begins **Tuesday, February 18**
Classes begin the week of **Sunday, March 1**