

## FIND YOUR FIT.

### MONDAY

4	6:00am-6:30am (S1)(S2) ● Power feat. Barre • Rachel N
4	10:30am-11:00am(S1)(S2) ● Shred feat. HIIT It • Megan S
7	9:30am-10:25am ● Barre Burner • Rebecca J
7	6:00pm-6:55pm ◆ Breathing & Meditation • Ryan W
7	7:00pm-7:55pm ● Philosophy in Practice • Jamie V

### TUESDAY

12	11:00am-12:00pm ▲ YES: Youth Exercise Squad • Kara B
7	11:30am-12:25pm ● Mom & Baby Yoga • Ali A
4	5:30pm-6:00pm (S1)(S2) ★ Shred feat. Row • Ryan M
7	7:00pm-7:55pm ● Barre Burner • Rebecca J

### WEDNESDAY

7	9:30am-10:25am ● PiYo • Janet M
4	10:30am-11:00am(S1)(S2) ● Shred HIIT It • Megan S
7	6:00pm - 6:55pm ▲ Use It or Lose It • Rachel N

### THURSDAY

4	7:00am-7:30am (S1)(S2) ● Yoga Series • Ashlee S
4	8:30am-9:00am (S1)(S2) ✕ Power feat. TRX • Jay K
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	6:00pm-6:55pm ● Prenatal Yoga • Louise K

## MAY • JUNE 2018

### FRIDAY

4	12:00pm-12:30pm (S1)(S2) ★ Shred HIIT It • Rachel N
7	9:30am - 10:25am ● Adult Ballet • Rebecca J

### SATURDAY

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

### WAC NORTH SHORE ROOM KEY

- Studio
- ▲ Gym
- ★ Fitness Floor
- ◆ Conference Room
- I Lap Pool
- ✕ TRX

## try•itweek

Try complimentary Advanced classes, introductory classes and more!

### Monday, April 23

6:00am • Power feat. Barre *with Rachel N*  
 9:30am • Barre Burner *with Rebecca J*  
 6:00pm • Breathing & Meditation *with Ryan W*  
 7:00pm • Yoga: Philosophy in Practice *with Jamie V*

### Tuesday, April 24

11:30am • Mom & Baby Yoga *with Ali A*  
 7:00pm • Barre Burner *with Rebecca J*

### Wednesday, April 25

9:30am • PiYo *with Janet M*

### Thursday, April 26

9:30am • Tread & Train *with Jay K*  
 6:00am • Prenatal Yoga *with Louise K*

## 3 on 3 Basketball League

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: \$60 member | \$95 non-member



REG

Member registration begins **Monday, April 9**  
 Non-Member registration begins **Tuesday, April 10**  
 Classes begin the week of **Sunday, April 29**

## specializedtraining 4week

Please contact Megan Shemanske at [mshemanske@thewac.com](mailto:mshemanske@thewac.com) for more information on any specialized training programs.

### One-On-One Basketball Training

Individual and Small group basketball skill training is available! Led by one of our experienced instructors, athletes will develop positional skills directly related to game situations. Through tailored drills, athletes will enhance their strengths and improve on their weaknesses allowing them to be more competitive on the court.

### Pilates Reformer

A Pilates Reformer personal training session is the most effective way to learn, practice and perfect your Pilates performance. Our trainers devote undivided attention to your specific needs and develop a custom program for optimum results.

### Private Yoga Training

Experience personalized Yoga sessions where you'll work one-on-one with a Yoga instructor. Focus on strength, flexibility, balance training, power Yoga, therapeutic Yoga for injuries, stress reduction techniques or beginning Yoga. Private sessions are a great way to go to the next level in your practice and receive assisted stretching and adjustments in your postures specifically tailored to your body and needs. Private or group sessions are available at your convenience.

Once a week for a 4-week session  
Half-Hour Fee x1: \$40 member | \$60 non-member  
**Session 1 (S1):** April 29-May 25  
**Session 2 (S2):** June 3-30



### Power

Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed. (Please Note: For Power Postpartum, child must be of age to wear on the front or back of the mother.)



### 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).

### **NEW!** Yoga Series

This specialty class is perfect for the yoga student wishing to master the foundations of their yoga practice. How's your "Down Dog" and "Chaturanga"? These poses are repeated many times throughout our practice. Are we doing them correctly? How should they feel in our bodies? Join us in mastering these yoga poses and let us guide you to "Finding you Flow". Week One - Master the Chaturang. Week Two - Find your Down Dog. Week Three - Master the Warrior Series. Week Four - Find your Flow.

## 7week

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

### Adult Ballet

A class for those 18 years and older, starting fresh, starting over, or looking to maintain in ballet. This is a great way to get in shape and stay in shape while learning the fundamentals of classical ballet.

### 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 that you have always wanted without feeling like you have two left feet!

### Breathing and

### Meditation Practices

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 and 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 preventions strategies and practice exercises to increase strength and mobility.

### Mom & Baby Yoga

Enjoy Yoga in a supportive and nurturing environment for moms and little ones up to 24 months old. Discover the strength and flexibility of your postpartum body, and use breathwork to calm your mind and baby. Practicing Yoga allows you to be active and engaged together, creating a lasting bond between you and your child.

### 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!

### 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.

### Prenatal Yoga

Designed specifically for expecting mothers, 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.

### 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.

### **IT'S BACK!** Use it or Lose it

Congratulations on completing the Lose It Challenge! Celebrate all your new healthy habits in this 7-week progressive class. Stay accountable and on track with your fellow Lose It participants.

### Yoga: Philosophy in Practice

Join your favorite Yoga instructors for this unique opportunity to learn the philosophy behind the practice that has kept people coming back for over 5,000 years. Yoga: Philosophy in Practice consists of a few minutes of discussion regarding the topic for that week, followed by 50+ minutes of Yoga postures. During the class the instructor will help to "connect the dots" for the participants between the Yoga movement and philosophy. Whether new to Yoga or an experienced practitioner, Yoga: Philosophy in Practice offers a distinctive environment to learn and experience this time-honored tradition.

## workshops

### Outdoor Bootcamp Workshop

Saturday, May 12 • 9:30am

Instructor: Jay K

Summer is here and it's time to start sweating outside again! We can't think of a better way to celebrate the warmer temperatures than with a little outdoor boot camp. This workshop will use our outdoor space during the beautiful Wisconsin summer weather. Never miss a workout this summer!

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

### Tri-Fit

Tuesday, May 15 • 9am

Tuesday, June 12 • 9am

Instructor: Melissa C

Take the next step in your triathlon training. This 2 hour workshop is designed for the beginner to advanced tri-athlete and focuses on improving your time, stroke and endurance.

Fee: \$40 member | \$50 non-member

### Inversions & Arm Balances Workshop

Saturday, May 19 • 1:30pm

Instructor: Ashlee S

Join your Yoga expert as you put your heart above your head and break down the fundamentals of arm balances and inversions. Explore your edge as you learn the proper progression and form for such arm balances/ inversions as: Crow, Side Crow, Headstand, Forearm stand, and Scorpion. Shoulder and wrist intensive workshop!

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

### Heart Opening Yoga Flow Workshop

Saturday, May 26 • 9am

Instructor: Jamie O

Stretching the muscles in your chest, shoulders and belly can create a deep, emotional release. Join us in this heart-opening Yoga flow where each pose will help you feel light and content; leave feeling positively blissful.

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

### Battle Ropes

### Basics Workshop

Saturday, June 2 • 12pm

Instructor: Jeff R

Battle ropes are an incredible tool for developing upper body power and anaerobic endurance; they can also be used for core strength and injury prevention. In this workshop, you will learn several battle rope exercises along with modifications for how to make them harder.

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

### Barre at the Bar Workshop

Saturday, June 9 • 10am

Instructor: Rebecca J

It's Barre at the bar! Join us for a 45-minute Barre Burner class off-site at a local pub. This workshop is the perfect opportunity to try out Barre Burner for the first time, or simply take class in a new and fun environment! Stay after to drink, relax and socialize with class participants and WAC staff.

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

### HII + Y Workshop

Saturday, June 23 • 9am

Instructor: Rachael L

High-intensity Intervals and Yoga: this class offers the best in bodyweight resistance exercises, starting with a high-intensity interval training workout (HIIT) and ending with power yoga. More oxygen into the body means more calories burned, and the combination of the oxygen debt from HIIT and the deeper breathing of power yoga will rev up your metabolism. HIIT+Y is a perfect combination of cardiovascular exercise, strength training, stretching, deep breathing and relaxation.

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

## 12week

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

### YES: Youth Exercise Squad

Meet and Greet dates:

Sunday, May 20 • 4-5pm

Monday, May 21 • 6-7pm

Start Date: Tuesday, June 12

Ages: (8-13)

This 12-week program helps kids build a healthy lifestyle and gives them the platform to make strides in their athletic development. The large group provides an opportunity to participate in a variety of activities such as strength training exercises, cardio interval training and running. The individual attention given in the small group workouts will engage children and empower them with personalized guidance.



MAY • JUNE 2018

MAY • JUNE 2018



# ADVANCED TRAINING



[WWW.THEWAC.COM](http://WWW.THEWAC.COM)

7601 N. PORT WASHINGTON ROAD • 414.228.2800



**NORTH SHORE**