

FIND YOUR FIT.

MONDAY	
7	9:30am-10:25pm ● Barre Burner • Melissa C
4	10:30am-11:00am (S1/S2) ● Shred feat. HIIT It • Megan S
7	7:15pm-8:10pm ● Yoga: Phil. in Practice • Jamie V

TUESDAY	
21	10:45am-11:15am ▲ 21-Day Body Transf. • Janet M
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

THURSDAY	
7	9:30am-10:25am ≡ Tread & Train • Jay K
7	10:30am-11:15am ● Fit & Fall Proof • Katie L
21	10:45am-11:15am ▲ 21-Day Body Transf. • Janet M
7	11:30am-12:25pm ≡ Women on Weights • Kara B
7	5:00pm-5:55pm ● Barre Burner • Rebecca J
7	6:05pm-7:00pm ● Breathing & Meditation • Ryan W
7	7:00pm-10:00pm ▲ 3-on-3 Basketball League

MAY • JUNE 2019

FRIDAY	
4	8:30am-9:00am (S1/S2) ≡ Shred feat. Row • Ryan M
7	9:30am-10:25am ● PiYo Barre • Janet M

SUNDAY	
7	3:45pm-4:40pm ● Prenatal Yoga • Senta M

WAC NORTH SHORE ROOM KEY

- Studio
- ▲ Gym
- ≡ Fitness Floor
- Conference Room

21day

Class meets twice a week for 21 days
21-Day Fee: \$49 member | \$99 non-member

21-Day Body Transformation

Want to get a flat tummy fast? Let us show you how you can beat belly bulge in less than a month! We will take all the guess work out of it. The program includes 2 30-minute group workouts per week, a nutrition plan to help maximize your results and all the support you will need! Sign-up today. Class size is limited!

4week

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

Session 1 (S1): May 5 - June 3

Session 2 (S2): June 4 - July 6

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

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.

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.

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, April 29

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

Thursday, May 2

9:30am - Tread & Train *with Jay K*
10:30am - Fit & Fall Proof *with Katie L*
5:00pm - Barre Burner *with Rebecca J*
6:05pm - Breathing & Meditation *with Ryan W*

MEMBER Registration begins **Monday, April 15**
Non-Member registration begins **Tuesday, April 16**
Classes begin the week of Sunday, **May 5**

workshops

Essential Oils 101 Workshop

Tuesday, May 14 • 10:30am

Instructor: Amanda C

Breathe deeply and let essential oils take you on a sensory journey that can instantly soothe, enliven, or balance both body and mind. From the sweet aroma of lavender to the stimulating fragrance of peppermint, essential oils ignite your senses and enliven your body. Whether it is a single potent oil that elevates your spirit, a blended formula that promotes mental clarity, or a massage oil that restores harmonic balance, you'll discover rich therapeutic properties that cannot be found elsewhere.

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

Food for Thought - Mindful Eating Workshop

Monday, May 6 • 6pm

Instructor: Chelsea F

Research suggests moment-to-moment awareness does a better job of helping people control their weight than any diet. Learn how your mind may be your best (and most accessible) tool for achieving a healthy weight as we discuss the fascinating principles behind mindful eating for a more joyful and healthy relationship with food.

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

Surviving Summer Parties Workshop

Thursday, May 30 • 6pm

Instructor: Chelsea F

Eating well at parties or during the weekend can seem like a chore. If you are someone who struggles with how to eat well while still maintaining a social life, this is the class for you! You will learn practical tips for keeping the fun, but losing the extra calories.

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

Trail & Train Workshop

Saturday, May 11 • 8am

Instructor: Jay K

This intense class includes a workout that takes you outdoors on the trails for a great running adventure. The trail will give you the challenging drills, winding paths and terrain to improve your footwork.

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

Pickleball Tournament

Saturday, June 1 • 1-4pm

Challenge your fellow WAC members to a Pickleball competition. Do you have what it takes to be the Pickleball champion?

Fee: \$10 member | \$15 non-member



ADVANCED TRAINING

