

## FIND YOUR FIT.

## JANUARY • FEBRUARY 2019

MONDAY	
5:30am-6:15am ▲	Strength • Sarah V
5:45am-6:40am ▸	Cycle • George O
6:00am-6:55am ●	Yoga • Senta M
8:15am-9:10am ■	Water Power • Katie L
8:30am-9:15am ▸	Cycle • Melissa C
8:30am-9:25am ●	Yoga • Ashlee S
8:30am-9:25am ▲	Zumba® • Michelle S
9:30am-10:25am ■	Water • Katie L
9:35am-10:20am ▲	Interval • Karen S
10:20am-10:35am ▲	Core • Karen S
10:45am-11:30am ▲	Strength LITE • Kerry W
11:35am-12:20pm ●	Chair Yoga • Margie D
12:30pm-1:25pm ●	Yoga • Margie D
5:00pm-5:55pm ▲	Boot Camp • Chelsea F
5:00pm-5:55pm ●	Yoga LITE • Jamie V
5:45pm-6:40pm ▸	Cycle • Sarah P
6:05pm-7:00pm ▲	Cardio Circuit • Gisela C
6:10pm-7:05pm ●	Pilates • Jamie V
6:15pm-7:10pm ■	Water • Susie L
7:10pm-8:05pm ▲	Strength • Gisela C

TUESDAY	
5:30am-6:15am ▸	Cycle • Sarah V
6:00am-6:55am ●	Pilates • Stephanie G
8:30am-9:15am ▸	Cycle • Dan C
8:30am-9:15am ●	Groove • Elaina Q
9:25am-10:20am ●	Yoga LITE • Senta M
9:40am-10:25am ▲	Strength • Michael H
10:00am-10:55am ■	Joint Effort • Elaina Q
10:30am-11:25am ●	Pilates • Ali A
12:00pm-12:55pm ▲	Interval • Melissa C
5:00pm-5:55pm ●	Pilates • Adriana N
5:00pm-5:55pm ▲	Zumba® • Kathleen D
6:00pm-6:55pm ▸	Cycle • Melissa C
6:05pm-7:00pm ▲	Strength • Nathan W
6:10pm-7:05pm ●	Yoga • Kelly W
6:15pm-7:10pm ■	Water Power • Melanie F
8:30pm-9:15pm ▲	Cardio Kickboxing • Alex A

WEDNESDAY	
5:30am-6:15am ▸	Cycle • Emmie C
5:30am-6:15am ▲	Strength • Sarah V
6:00am-6:55am ●	Yoga • Ashlee S
6:30am-7:00am ▲	Interval EXPRESS • Melissa C
8:15am-9:10am ■	Water • Katie L
8:30am-9:15am ▸	Cycle • Janice B
8:30am-9:15am ▲	Strength • Mary M
8:30am-9:25am ●	Yoga • Margie D
9:30am-10:25am ■	Aqua Zumba® • Susie L
9:30am-10:25am ▸	Cycle • David M
9:40am-10:35am ▲	Zumba® • Holly D
10:45am-11:30am ▲	Strength LITE • Kerry W
11:35am-12:30pm ●	Yoga LITE • Ashlee S
5:00pm-5:55pm ●	Yoga LITE • Rebecca R
5:45pm-6:40pm ▸	Cycle • George O
6:10pm-7:05pm ●	Yoga • Ashlee S
6:15pm-7:10pm ■	Aqua Hip Hop • Emery S
7:10pm-7:55pm ▲	Strength • Molly S
7:15pm-8:10pm ●	Pilates • Gisela C

THURSDAY	
5:30am-6:15am ▸	Cycle • Sarah V
8:30am-9:25am ▲	Cardio Circuit • Jay K
8:30am-9:15am ▸	Cycle • Janice B
8:30am-9:25am ●	Groove • Susie L
9:30am-10:25am ●	Yoga • Jamie O
9:40am-10:35am ▲	Strength • Alex A
10:00am-10:55am ■	Joint Effort • Susie L
11:35am-12:20pm ●	Chair Yoga • Amy Z
12:00pm-12:55pm ▲	Interval • Alex A
5:00pm-5:55pm ▲	Zumba® • Theresa B
6:00pm-6:55pm ▸	Cycle • Austin A
6:05pm-6:30pm ▲	Blast EXPRESS • Christine E
6:15pm-7:10pm ■	Water Power • Elaine B
6:35pm-7:00pm ▲	Guns EXPRESS • Christine E
7:15pm-8:10pm ●	Yoga • Heather E

FRIDAY	
5:30am-6:25am ▸	Cycle • Janice B
5:30am-6:15am ▲	Strength • Nathan W
6:30am-7:15am ●	WOW • Nate W
8:15am-9:10am ■	Water Power • Elaine B
8:30am-9:15am ▲	Strength • Maureen S
8:30am-9:25am ●	Yoga • Amy Z
9:30am-10:25am ▸	Cycle • Pegs G
9:30am-10:25am ■	Water • Susie L
9:40am-10:35am ▲	Groove • Joy B
10:30am-11:25am ●	Yoga • Senta M
10:45am-11:30am ▲	Strength LITE • Pegs G
11:35am-12:30pm ●	Yoga LITE • Amanda M

SATURDAY	
7:00am-7:55am ▸	Cycle • David M
8:00am-8:55am ●	Yoga • Pamela F
8:05am-8:50am ▸	Cycle • Katie M
8:05am-8:50am ▲	Step • Pegs G
8:30am-9:25am ■	Water • Susie L
9:00am-9:55am ▸	Cycle • Eden D
9:00am-9:55am ▲	Zumba® • Bobbie M
10:00am-10:55am ●	Pilates • Gisela C
10:00am-10:55am ▲	Strength • Elizabeth E
11:15am-12:10pm ●	Yoga LITE • Ashlee S
12:30pm-1:25pm ●	Yoga • Ashlee S

  

SUNDAY	
8:15am-8:45am ●	Stretch EXPRESS • Heather E
9:00am-9:55am ▸	Cycle • Eden D
9:00am-9:55am ●	Yoga • Heather E
9:00am-9:55am ▲	Zumba® • Danielle S
9:30am-10:25am ■	Aqua Zumba® • Susie L
10:00am-10:45am ▲	Core • Gisela C
10:00am-10:55am ●	Pilates • Jennifer C
11:15am-12:10pm ●	Yoga LITE • Pamela F
5:00pm-5:55pm ●	Yoga LITE • Senta M

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

**LITE** - With lower intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.

**EXPRESS** - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

**WAC NORTH SHORE ROOM KEY**  
 ▲ Gym ● Studio ▸ Cycle Studio ■ Exercise Pool

**CARDIO**

**Boot Camp**

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

**Cardio Circuit**

Get plugged into this circuit format class. No tricky choreography, just challenging and fun stations featuring cardio, muscle conditioning and balance training exercises.

**Cardio Kickboxing**

Come prepared to engage and tone your muscles in this high intensity, boxing inspired workout. Punches, kicks and athletic drills will be incorporated to create a workout sure to shred.

**Interval**

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

**Step**

Step is a high energy, low impact, choreographed aerobic class using a low-lying bench. Expect to sweat, challenge your mind and enjoy the social aspect of this class.

**CYCLE**

**Cycle**

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere. Pre-registration is required.

**GROOVE**

**Groove**

Get ready to cut loose and have fun in this cardio-dance class. Move to today's top dance and pop hits in a workout that feels like a party. Routines are easy to learn but still challenging to all fitness levels.

**Zumba**

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

**MIND|BODY**

**Chair Yoga**

This gentle form of yoga builds strength as you focus on breathing and poses to empower the mind, body and spirit. A chair will be incorporated into the class.

**Pilates**

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

**Yoga**

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

**STRENGTH**

**Blast**

In this conditioning class, we focus on the lower body to increase Balance, Leg strength, Abs, Stability and Toning. BLAST away to a stronger you!

**Core**

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

**Guns**

Fire up your "guns" in this class! It targets core, chest, back, biceps and triceps. Whether you're looking to build muscle mass or tone and tighten, this class will give you the upper body you want!

**Strength**

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

**WATER**

**Aqua Zumba**

Zumba hits the deck! This low impact choreographed class fuses Latin & International music and moves to create a dynamic and exciting water class.

**Aqua Hip Hop**

Let's bring the latest hip hop dance moves to the pool! This fat-burning, high-energy class will give you a full-body workout in the water.

**Joint Effort**

This class is designed to help improve muscle strength and flexibility with the aid of the water's buoyancy. This class is ideal for men and women with arthritis, muscle or joint impairment but is open to all.

**Water**

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our Lite series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

**Water Power**

Water Power is an intense, calorie-burning workout in the pool. This water class will increase your heart rate for a stronger cardio workout, as well as tone and strengthen your entire body!

**MULTI-FORMAT**

**WOW (WAC On Wellness)**

We're excited to bring our WAC on Wellness to the Complimentary Group Fitness schedule! Each week a Trainer will lead you through a new workout or challenge designed by fellow teammates. We hope to provide you with exciting, fresh new workout formats, motivate you with fun challenges and introduce you to various gym toys and fitness equipment.



**COMPLIMENTARY CLASSES**



**NORTH SHORE**