



premium

CLASS SCHEDULE

JULY - AUGUST

4-WEEK CLASSES

HIIT the Water *Pool*

Mondays • 9:15-9:45am with Katie
S1: 7/11-8/1

Jump in to this high intensity interval training (HIIT) water program! Challenge your cardiovascular fitness using a combination of pool toys and water resistance exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

HIIT & Lift *Mind|Body Studio*

Wednesdays • 4-4:30pm with Haley
S1 & S2

Improve your strength in this high intensity interval training (HIIT) and lifting program! Challenge your cardiovascular fitness using a combination of dumbbells, barbells, kettlebells, bands and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

HIIT the Barre *Mind|Body Studio*

Thursdays • 2:30-3pm with Valerie
S1 & S2

Be ready to sweat and engage those muscles in this high intensity interval training (HIIT) barre class! Challenge your cardiovascular fitness using a combination of barre work, light weights, mind-body equipment and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

HIIT Cardio *Mind|Body Studio*

Thursdays • 5-5:30pm with Gaozie
S1 & S2

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.

7-WEEK CLASSES

WERQ *Mind|Body Studio*

Sundays • 1-2pm
S1: 7/10-8/21

We've created the ultimate environment for you to bust a move and break a sweat with heart-pumping playlists and inspiring instructors to guide you every step of the way. Our WERQouts are designed for everyone. This isn't just about burning calories or climbing leaderboards. It's about showing up and celebrating each other. Come dance with us!

Yoga Sculpt *Mind|Body Studio*

Sundays • 9:30-10:30am
S1: 7/10-8/21

This total-body workout is designed to tone and sculpt every major muscle group. Free weights are incorporated as you move through sun salutations and other Yoga sequences, enabling extra length and depth in poses. This intense, yet easy to follow program will complement your regular Yoga practice while pushing your strength and flexibility to new levels. Yoga Sculpt is fun, effective and a perfect way to expand your practice.

Classes meet once a week for a 4-week session

Half-Hour Fee: \$50 member | \$70 non-member
Drop-In Fee: \$20 member | \$25 non-member

Classes meet once a week for a 7-week session

Fee: \$75 member | \$110 non-member
Drop-In Fee: \$15 member | \$20 non-member

Registration Dates

June 13 - member registration begins
June 14 - non-member registration begins

North Shore

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www.thewac.com