

FIND YOUR FIT.

MARCH • APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:15am Strength ▲	5:30am-6:15am Cycle ▶	5:30am-6:15am Cycle ▶	5:30am-6:15am Cycle ▶	5:30am-6:15am Strength ▲	7:00am-7:55am Cycle ▶
5:45am-6:40am Cycle ▶	6:00am-6:55am Pilates ●	5:30am-6:15am Strength ▲	5:45am-6:45am BODYPUMP® ▲	5:30am-6:25am Cycle ▶	8:00am-8:55am Yoga ●
8:15am-9:10am Water Power ■	8:30am-9:15am Cycle ▶	6:00am-6:55am Yoga ●	6:00am-6:55am Pilates ●	6:30am-7:15am WOW (WAC on Wellness) ●	8:05am-8:50am Cycle ▶
8:20am-9:15am Zumba® ▲	8:30am-9:15am Groove ●	6:30am-7:00am Interval EXPRESS ▲	8:30am-9:15am Cycle ▶	8:15am-9:10am Water Power ■	8:05am-8:50am Step ▲
8:30am-9:15am Cycle ▶	8:30am-9:25am Cardio Circuit ▲	8:15am-9:10am Water ■	8:30am-9:25am Cardio Circuit ▲	8:25am-9:25am BODYPUMP® ▲	8:30am-9:25am Water ■
8:30am-9:25am Yoga ●	9:25am-10:20am Yoga LITE ●	8:30am-9:15am Cycle ▶	8:30am-9:25am Groove ●	8:30am-9:25am Yoga ●	9:00am-9:55am Cycle ▶
9:30am-10:25am Cycle ▶	9:40am-10:25am Strength ▲	8:30am-9:15am Strength ▲	9:30am-10:25am Yoga ●	9:30am-10:25am Cycle ▶	9:00am-9:55am Zumba® ▲
9:30am-10:25am Water ■	10:00am-10:55am Joint Effort ■	8:30am-9:25am Yoga ●	9:40am-10:25am Strength ▲	9:30am-10:25am Water ■	10:00am-10:55am Pilates ●
9:30am-10:30am BODYPUMP® ▲	10:30am-11:25am Pilates ●	9:30am-10:25am Aqua Zumba® ■	10:00am-10:55am Joint Effort ■	9:40am-10:35am Groove ▲	10:00am-10:55am Strength ▲
10:45am-11:30am Strength LITE ▲	11:45am-12:40pm Belly Dancing ●	9:30am-10:25am Cycle ▶	12:15pm-1:10pm Interval ▲	10:30am-11:25am Yoga ●	11:15am-12:10pm Yoga LITE ●
11:35am-12:20pm Chair Yoga ●	12:15pm-1:10pm Interval ▲	9:40am-10:35am Zumba® ▲	5:10pm-5:55pm Zumba® ▲	10:45am-11:30am Strength LITE ▲	SUNDAY
12:30pm-1:25pm Yoga ●	5:10pm-6:05pm Zumba® ▲	10:45am-11:30am Strength LITE ▲	6:05pm-7:00pm Cardio Circuit ▲	11:35am-12:30pm Yoga LITE ●	8:15am-8:45am Stretch EXPRESS ●
5:00pm-5:55pm Boot Camp ▲	6:10pm-7:05pm Yoga ●	11:35am-12:30pm Yoga LITE ●	6:15pm-7:10pm Water Power ■		9:00am-9:45am Cycle ▶
5:00pm-5:55pm Yoga LITE ●	6:15pm-7:10pm Strength ▲	5:00pm-5:55pm Yoga LITE ●	7:15pm-8:10pm Yoga ●		9:00am-9:55am Yoga ●
5:45pm-6:40pm Cycle ▶	6:15pm-7:10pm Water Power ■	5:00pm-6:00pm BODYPUMP® ▲			9:00am-9:55am Zumba® ▲
6:05pm-7:00pm Cardio Circuit ▲		5:45pm-6:40pm Cycle ▶			9:30am-10:25am Aqua Zumba® ■
6:10pm-7:05pm Pilates ●		6:10pm-7:05pm Yoga ●			10:00am-10:55am Pilates ●
6:15pm-7:10pm Water ■		6:15pm-7:10pm Aqua Hip Hop ■			10:15am-11:15am BODYPUMP® ▲
7:10pm-8:05pm Strength ▲		7:15pm-8:10pm Pilates ●			11:15am-12:10pm Yoga LITE ●
		7:20pm-8:05pm Strength ▲			5:00pm-5:55pm Yoga LITE ●

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.

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.**

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.

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.

Stretch

This full-body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis.

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**BODYPUMP®**

BODYPUMP® is a barbell training class designed to give you maximum results in the shortest amount of time. While low on complexity, this class has all the benefits of weight training. Increase your strength and metabolism with a great total-body workout.

***Pre-registration is required.**

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!

GROOVE**Belly Dancing**

Looking for a different cardio-core workout? Come experience Belly Dancing: a low-impact, cardio based class that tones your core while you groove, shimmy and shake.

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.

**COMPLIMENTARY CLASSES****NORTH SHORE****WWW.THEWAC.COM****7601 N. PORT WASHINGTON ROAD • 414.228.2800**