



premium

CLASS SCHEDULE

MARCH-APRIL

4-WEEK CLASSES

HIIT the Water *Exercise Pool*
Sessions 1 - March 6-27
Mondays • 9:15-9:45am with Katie

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.

TRX *Fitness Floor*
Session 1 & 2
March 8-29 & April 5-26
Wednesdays • 10-10:30am
with Haley

Change the way you train! TRX (total resistance exercise) training will challenge your body like never before to improve strength, balance, flexibility, and core stability. This revolutionary small group class uses leveraged body weight exercises on the TRX straps to reach new limits in your body's strength and range of motion.

7-WEEK CLASSES

**Adult Learn to Swim:
Beginner** *Lap Pool*
Mondays • 6:45-7:30pm with Elyse

Have you ever wanted to learn how to swim or improve your technique? This class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen.

**Mindfulness and
Meditation** *Mind|Body Studio*
Thursdays • 10:40-11:35am
with Ryan

Are you mindful or is your mind full? In this class you will learn the concept of mindfulness and the practice of meditation, both of which have been proven scientifically to reduce stress, help deal more effectively with emotions, and increase physical and mental well-being. Quiet your mind and a changed life you will find!

Barre Sculpt
Mind|Body Studio
Tuesdays • 6-7am with Valerie

Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.

Prenatal Barre
Mind|Body Studio
Saturdays • 11am-12pm
with Valerie

Designed specifically for expecting or new moms, this class is a total body workout that incorporates different techniques utilizing the ballet barre, free weights, and mat work. The work will lengthen, tone, and sculpt your muscles during and after your pregnancy.

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
February 20 - member registration begins
February 21 - non-member registration begins

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





Metabolism Basics

PT Studio with Nicole

Saturday March 11 • 10am

Tuesday, March 21 • 10am

How does diet affect your metabolism? Are there any tips that actually work for increasing it? There is so much information available about this topic, but not everything you read is true. Learn more in this complimentary workshop.

Pickleball 101

Gym with Ricco

Sunday, March 26 • 12-1pm

TBD April date

Learn the basics of this fast-growing sport that combines the features of Badminton, Ping Pong and Tennis into the unique sport of Pickleball. This workshop offers an introduction to the game, skills, strategies and the opportunity to play matches. Equipment is provided, however, feel free to bring your own paddle.

Golf Conditioning

Mind|Body Studio with Jay

Saturday, April 8 • 8:15-9:15am

This workshop will focus on the strength and conditioning needed to help perfect your golf game. You will perform exercises to develop core strength, joint range of motion, balance and more!

Fuel Your Workouts

PT with Nicole

Saturday, April 8 • 10am

Tuesday, April 18 • 10am

Get an extra boost from your workouts! What you eat before and after exercise can make a big difference. Join your WAC trainer, Brittany to learn what to eat and when to eat it for best results!

Cycle Build Up

Cycle Studio with Janice

Sunday, April 16 • 9am

Sunday, April 23 • 9am

Sunday, April 30 • 9am

Are you ready to get back in the saddle again? We are offering three time-progressive indoor cycling workshops to help build your endurance for longer outdoor bike rides. Come to one, two or all three of the instructor-guided rides and track your progress. 60, 75 and 90 minute rides.

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

Register for workshops at the Front Desk.

