

MAY - JUNE



ADVANCED TRAINING

4 Week Classes

4

Tabata in the Pool
Mondays • 9:15-9:45am
with Katie
S1: 5/2-5/23

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

4

Shred feat. Core
Tuesdays • 6:30-7am
with Cassie
S1: 5/3-5/24

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.)

7 Week Classes

7

Adult Learn to Swim
Tuesdays • 6:30-7:30pm
with Elyse

Have you ever wanted to learn how to swim or better 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.

7

Hips and Hamstrings
Sundays • 12-1pm
with Charlie

This workshop focuses on two areas that affect athletes to devoted exercisers due to overuse - the hamstrings and the hips. Come experience and learn ways to strengthen and stretch these two areas, increase mobility and improve posture.

Register for Advanced Training at the Front Desk

Classes meet once a week for a 4-week session
Half-Hour Fee: \$50 member | \$70 non-member
Drop-In Fee: \$15 member | \$20 non-member

Classes meet once a week for a 7-week session
One-Hour Fee: \$75 member | \$110 non-member
Drop-In Fee: \$15 member | \$20 non-member

Registration Information
April 18 | member registration begins
April 19 | non-member registration begins

MAY



WORKSHOPS

Cinco de Mayo Salsa*

Thursday, May 5 • 7:15pm

with Arturo

Salsa means “hot” flavor and is best distinguished from other Latin music styles. It originated as a New York sound created by Puerto Rican musicians in New York and the dance structure is similar to Mambo patterns. We will concentrate on several of the basic steps in rhythms that will get you comfortable and moving around the floor. No partner required.

The Infant Drown Proofing & Baby Water Safety

Saturday, May 7 • 1pm

with Valerie

The Infant Drown Proofing & Baby Water Safety for parents and caregivers focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for children. This course teaches parents and caregivers about the concepts of the circle of drowning prevention, water competency and the chain of drowning survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning.

Teen Learn to Swim

Saturday, May 7 • 2:30pm with Valerie

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.

Mother's Day Boot Camp

Sunday, May 8 • 8am with Cassie

Start your Mother's Day off with a purpose! Join us for a boot camp sure to make you feel strong, empowered and amazing before you embark on your Mother's Day plans.

Yoga for Lower Back Pain*

Friday, May 13 • 6:30pm

with Heather

Is lower back pain preventing you from living your best life? Yoga is a mind-body practice that can help relieve tension and discomfort by strengthening muscles that support the spine, stretching muscles that are tense, and encouraging healthy posture. Yoga also uses guided relaxation to reduce physical and mental tension that often accompany back pain, and mindfulness that builds awareness so you can bring yourself back into balance and alignment. Come explore these techniques to see what might be helpful to you. Enjoy snacks after class!

Swim Stroke Analysis

Sunday, May 15 • 12pm with Elyse

Sunday, May 22 • 10:15am with Amanda

This class will cover important aspects of stroke technique for those looking to be more efficient lap swimmers. We will use drills and demonstrations to help you get the most out of your pool workout.

Yoga for Golfers

Sunday, May 15 • 12pm

with Jamie

Maximize your performance on and off the golf course with this conditioning program designed to improve flexibility, increase range of motion, strengthen golf specific muscles, develop breathing awareness, improve balance, quiet the mind, and reduce chance of injury. This course will improve the most important piece of golf equipment you have...your body!

How to Bring Mindfulness to Your Workout

Friday, May 20 • 6pm with Paul

Curious about how being mindful can help your workouts? Join us for this workshop where we'll show you how mindfulness can help you adhere to your workout plan by making it more enjoyable. Learn how you can succeed in reaching your goals by changing your attitude towards exercising. No previous mindfulness experience necessary.

Roll & Release

Saturday, May 21 • 11am

with Cassie

Foam rolling is an effective way to provide relief to your body's “trigger points” and increase flexibility through massage techniques you can learn and utilize yourself. This workshop offers in-depth instruction on proper foam rolling techniques that will help you achieve maximum benefits.

Aqua Barre

Sunday, May 22 • 11am with Valerie

We are taking Barre to the Pool! Join us for a jam-packed barre workout that will incorporate exercises to tone and lengthen while feeling like a dancer.

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

*Workshop Plus Fee: \$25 member | \$30 non-member

North Shore

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JUNE



WORKSHOPS



Barre at the Bar

Saturday, June 4 • 10am with Dana
at City Lights Brewing Company

It's Barre at the bar! Join us for a 45-minute Barre Burner class off-site at a local pub. This workshop is the perfect opportunity to try out Barre Burner for the first time, or simply take class in a new and fun environment! Stay after to drink, relax and socialize with class participants and WAC staff. *Half off beermosas for all attendees.*

Infant Drown Proofing & Baby Water Safety

Saturday, June 4 • 1pm
with Valerie

The Infant Drown Proofing & Baby Water Safety for parents and caregivers focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for children. This course teaches parents and caregivers about the concepts of the circle of drowning prevention, water competency and the chain of drowning survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning.

Teen Learn to Swim

Saturday, June 4 • 2:30pm with Valerie

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.

Deadlift

Tuesday, June 7 • 7:15pm with Charlie

Join us for this workshop where we'll break down proper deadlift form and teach you exercises to improve your overall mobility and strength to perform it. Whether you are new to strength training or want to improve your form, this is for you!

Yoga for Lower Back Pain*

Friday, June 10 • 6:30pm
with Heather

Is lower back pain preventing you from living your best life? Yoga is a mind-body practice that can help relieve tension and discomfort by strengthening muscles that support the spine, stretching muscles that are tense, and encouraging healthy posture. Yoga also uses guided relaxation to reduce physical and mental tension that often accompany back pain, and mindfulness that builds awareness so you can bring yourself back into balance and alignment. Come explore these techniques to see what might be helpful to you. Enjoy snacks after class!

Aqua Barre

Sunday, June 12 • 11am with Valerie

We are taking Barre to the Pool! Join us for a jam-packed barre workout that will incorporate exercises to tone and lengthen while feeling like a dancer.

Hip Hop Happy Hour*

Tuesday, June 14 • 7:15pm with Arturo

Experience the fun way to burn fat and blast away calories! This class incorporates the latest hip hop dance moves in a high-energy, choreographed class to achieve a full body aerobic workout. Enjoy a margarita after class!

Mindfulness & Meditation

Friday, June 17 • 6pm with Paul
Outdoors

Are you mindful or is your mind full? In this workshop 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!

Outdoor Bootcamp

Friday, June 24 • 6pm with Cassie

Summer is here and it's time to start sweating outside again! We can't think of a better way to celebrate the warmer temperatures than with a little outdoor boot camp. This workshop will use our outdoor space during the beautiful Wisconsin summer weather. Never miss a workout this summer!

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

*Workshop Plus Fee: \$25 member | \$30 non-member