



# premium

## CLASS SCHEDULE

SEPTEMBER - OCTOBER

### 4-WEEK CLASSES

#### HIIT the Water *Pool*

Mondays • 9:15-9:45am with Katie  
S1: 9/12-10/3

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 Core *Mind|Body Studio*

Fridays • 10:45-11:15am with Cassie  
S1: 9/9-9/30 & S2:10/7-10/28

Be ready to work your abs, glutes and back in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness and strengthen your core 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.

#### HIIT the Barre *Mind|Body Studio*

Saturdays • 10:15-10:45am with Valerie  
S1:9/3-9/24 & S2:10/1-10/22

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.

### 7-WEEK CLASSES

#### 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*

Thursdays • 5-5:50pm with Valerie  
Saturdays • 9:05-10am 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.

#### Warm Power Yoga

*Mind|Body Studio*  
Fridays • 8:30-9:35am with Jamie

Turn up the heat in this warm power yoga class. The warm temperature helps detoxify the body and increase blood flow, making muscles more pliable. Taught with an athletic approach, power yoga follows the flow of breathing through a sequence of interweaving asanas. Sequences emphasize balance and core strengthening exercises.

#### Yoga Barre Fusion

*Mind|Body Studio*  
Wednesdays • 9:45-10:45am with Kristal

Do you love taking Yoga and Barre classes and struggle on which to choose? Join us for Yoga Barre Fusion! In this progressive 7-week class, we will combine an energizing Yoga flow with a beat-driven, head-to-toe barre workout.

#### Adult Learn to Swim

*Lap Pool*  
Tuesdays • 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.

#### WERQ *Mind|Body Studio*

Sundays • 1-2pm

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!

**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**

August 15 - member registration begins

August 16 - non-member registration begins

North Shore

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