

## FIND YOUR FIT.

### MONDAY

7	5:00am-5:55am ▲	Extreme X • Vanessa K
7	5:30am-6:25am ■	Tabata in the Pool • Toni G
7	9:00am-9:55am ◆	Barre Burner • Jules P
7	6:00pm-7:00pm ◆	Warm Yoga • Becca K

### TUESDAY

7	6:00am-6:55am ★	Women on Weights • Lauren S
7	9:00am-9:55am ★	G.R.I.T. • Brynn D
7	9:30am-10:25am ▲	Stroller Strides® • Tracy J
7	10:00am-10:55am ◆	Tai Chi • Patricia C
7	1:00pm-1:55pm △	Parkinson's on the Move • Molly A
7	5:30pm-6:25pm ◆	Restorative Yoga • Dawnkristi F
7	6:00pm-6:55pm ■	Adult Learn to Swim • Catherine Z
7	7:00pm-7:55pm ■	Adult Learn to Swim • Catherine Z

### WEDNESDAY

7	6:00pm-7:00pm ◆	Prenatal Yoga • Monica S
7	7:00pm-7:55pm ◆	Power Yoga • Katrina W

### THURSDAY

7	9:00am-9:55am ★	Fit & Fall Proof • Justin G
7	5:00pm-6:00pm ★	Extreme X • Holley S
7	5:45pm-6:40pm ◆	Barre Burner • Jules P
7	6:00pm-6:30pm ★	Shred • Holley S
7	6:30pm-8:30pm ▶≡■	Tri-Fit • Miranda/Sean/Paul
7	6:45pm-7:40pm ◆	Yoga for Beginners • Ed P

### FRIDAY

7	5:00am-5:55am ▲	Extreme X • Vanessa K
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Schedule subject to change. For live schedule updates check [schedule.thewac.com](http://schedule.thewac.com)

### SATURDAY

7	9:00am-9:55am ◆	Barre Burner • Lynette R
7	10:15am-11:10am ◆	Mindfulness & Meditation • Cornelia B

### SUNDAY

7	8:00am-8:55am ≡	Climb Fit • Angie B
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### WAC WAUWATOSA ROOM KEY

- ▶ Cycle Studio
- Exercise Pool
- ≡ Fitness Floor
- Lap Pool
- ▲ Large Gym
- ◆ MindBody Studio
- ★ Multi-Purpose Room
- △ Small Gym

## 4week

4-Week Half-Hour Fee: \$40 member | \$60 non-member

### Shred

It 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).



## 12week

12-Week Fee: \$299 member | \$419 non-member  
Begins the week of January 21.

### LOSEIT!

Lose It is a weight loss program that includes nutrition counseling, group personal training sessions, unparalleled motivation and inspiration, a t-shirt and more! Let our Fitness Team help you effectively lose weight, achieve your personal fitness goals and be accountable to the most important person...you!



## JANUARY • FEBRUARY 2019

## try•itweek

Try complimentary Advanced classes, introductory classes and more!

### Wednesday, January 2

6:00pm - Prenatal Yoga with Monica S

7:00pm - Power Yoga with Katrina W

### Thursday, January 3

9:00am - Fit & Fall Proof with Justin G

5:45pm - Barre Burner with Jules P

6:30pm - Tri-Fit with Miranda D

6:45pm - Yoga for Beginners with Ed P

### Saturday, January 5

9:00am - Barre Burner with Lynette R

10:15am - Mindfulness & Meditation with Cornelia B

### Sunday, January 6

8:00am - Climb Fit with Angie B

FREE

Member registration begins **Monday, December 17**  
Non-Member registration begins **Tuesday, December 18**  
Classes begin the week of **Sunday, January 6**

## 7week

Classes meet once a week for a 7-week session  
7-Week Fee: \$60 member | \$95 non-member

### Adult Learn to Swim

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

### Barre Burner

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

### **NEW!** Climb Fit

This intense class will kick your cardio into high gear by utilizing the step mill to work with different levels of speed and resistance. Combined with resistance exercises off the step mill, this class provides the perfect balance of cardio and strength.

### Extreme X

Push yourself past what you ever thought possible. Led by a personal trainer, this class takes traditional interval training to a new level with long bursts of maximum intensity exercise and short periods of rest. Workouts will include cardio and plyometric exercises with intervals of power, resistance, strength and core training. The more variety you include in your workout, the better and faster your results will be.

### Fit & Fall Proof

Have you fallen in the past or do you have a fear of falling? Join us in a progressive class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

### G.R.I.T.

Do you have what it takes to work your way through 30, 60 and 90-second intervals of cardio, strength, plyometrics and static holds? If yes, Group Radical Interval Training is your chance to prove it! This workout challenges you both physically and mentally and will improve your cardiovascular fitness, increase your strength, release those endorphins and burn calories for hours after class is over.

### Mindfulness & Meditation

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!

### Parkinson's on the Move

Using exercises based on the Parkinson Wellness Recovery (PWR!) training method, our certified instructor assists in improving lives through movement. PWR! exercises will involve large amplitude rhythmic movements, repetition, sequences with music, stretching, and strength training, while incorporating cognitive tasks into fitness. This class will put FUN in FUNction, targeting symptoms of Parkinson's including rigidity, slowness and smallness of movement, decreased balance, and difficulty walking. Open to participants with early to middle stage Parkinson's. Class requires participants to be independently mobile and have good balance. If you are interested in attending a complimentary "Try-It" session, please contact the instructor for more information 414.805.9336.

### Power Yoga

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.

### Prenatal Yoga

Designed specifically for expecting or new moms, this distinctive Yoga class provides energizing but gentle Yoga sequences and relaxation. Learn breathing, visualization and meditation techniques appropriate and safe for this time of unique body changes. This class is suitable for complete beginners and those adapting their regular Yoga practice.

### Restorative Yoga

Restore and renew your body. Move through traditional Yoga techniques to relieve fatigue and muscle tension. Pranayama (breath work), balancing and nurturing poses will help calm the mind. Props may be incorporated.

## 7weekcontinued

Classes meet once a week for a 7-week session  
7-Week Fee: \$60 member | \$95 non-member

### **NEW!** Stroller Strides®

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self care in a supportive and encouraging environment.

### Tabata in the Pool

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.

### Tai Chi

Learn the discipline of Tai Chi to enhance your performance for all physical activities. Improves balance of body, mind and spirit while increasing strength, flexibility and immunity. Challenge yourself to learn something completely different - the art of relaxation and how effortless power can be available to you for all activities. All ages and abilities benefit from this wise martial arts practice.

### **IT'S BACK** Tri-Fit

Whether you are aspiring to become a triathlete or just want to take your fitness up a level, Tri-Fit training can help get you there. This course will teach you how to become a stronger swimmer, more efficient biker and better runner by improving your time, stroke and endurance. 2 hour at \$120

### **NEW!** Warm Yoga

Turn up the heat in this yoga class. The warm temperature helps detoxify the body and increase blood flow, making muscles more pliable. Yoga poses are held longer to improve balance and strength. Warm Yoga will enhance your range of motion, making daily activities easier on your body.

### Women on Weights

Specifically for women, this class will educate and instruct you on strength training techniques using a variety of equipment to help you get lean and speed up your metabolism to lose weight. Avoid plateaus, beat boredom and sculpt the body you've always wanted! Come join us. All levels welcome.

### Yoga for Beginners

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

## Workshops

### Ballroom Dance Workshop:

#### Cha Cha

Friday, January 18 • 7:00pm

Instructor: *Connie R*

Experience the fun and enjoyment of ballroom dancing! This class is designed for people with little or no dance experience. We will concentrate on basic steps and variations that will make you a standout on the dance floor.

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

### Bike to the Barre Glow Stick

#### Party

Workshop Friday, January 25 • 6:00pm

Instructor: *Jules P and Jaime S*

This Friday night workshop is sure to get you moving! Come feel strong and work up a sweat in a 45-minute cycle class before heading to the barre for 45 minutes of stretching and lengthening your muscles. Class will be followed up with wine.

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

### **NEW!** Intermittent Fasting

Thursday, February 7 • 6:00pm

Instructor: *Ashleigh S*

Intermittent fasting, is it for me? This one-hour workshop will look at the health effects of fasting and present the science behind the claims. A snack and starter meal plan will be provided

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

### **NEW!** Mindfulness Tri Workshop

Sunday, February 17 • 9:30am

Instructor: *Jules P and Michelle K*

Leave the bathing suits and cycling shoes at home because we're swapping swimming and biking with Barre and Yin Yoga in this unique triathlon. This mindful event features a fun 2-mile run, a 30-minute Barre class and a relaxing Yin Yoga practice. Unlike most triathlons, we place community and connection above competition. For us, winning will be measured by the number of laughs shared and new friends made!

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

### PiTaiYo Workshop

Tuesday, January 1 • 9:00am

Instructor: *Patricia C*

This class is a unique blend of Pilates, Yoga and Tai Chi. Together the practice provides a fusion of strength, flexibility and sports conditioning with balance and self-defense applications. A great introduction to each, these three modalities combined will improve your balance of body, mind and spirit while increasing strength, flexibility and immunity.

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

### Pound & Pour Workshop

Friday, February 1 • 6:30pm

Instructor: *Nila A and Ronny A*

Crank up your Friday night fun with Pound & Pour! That's right, POUND your heart out, then relax together over a glass of wine during the POUR following class! The event will include a 45 minute POUND class followed by a happy hour with refreshments and light snacks. Space is limited for the class! What is POUND? POUND - Rockout. Workout™ is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn tons of calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! What should I wear? Something you can move in! Recommended footwear includes sneakers, sticky socks, or bare feet.

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

### Roll & Release Workshop

Wednesday, January 23 • 6:35pm

Instructor: *Jules P*

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. Limited enrollment...sign up today!

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

## Workshops continued

### Shoulder Pain Workshop

Tuesday, January 22 • 5:00pm

Instructor: *Eileen C*

Are you having pain in your shoulders while exercising? With lifting or reaching? Join us in a workshop to learn about basic shoulder anatomy, the theory behind some common shoulder diagnoses, and some basic exercises to start adding to your normal routine to assist with pain. Presented by Eileen Compy, Physical Therapist at Froedtert Sports Medicine Center.

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

### Swim Stroke Analysis - Open

#### Water

Thursday, January 24 • 5:30pm

Instructor: *Eva C*

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.

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

### Valentine's Day Tango Workshop

Friday, February 15 • 7:00pm

Instructor: *Connie R*

Start your Valentine's Day weekend early with this romantic dance workshop. One of the most fascinating of all dances is the Tango, a sensual ballroom dance that expresses an element of romance in the partners synchronized movements.

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

## specializedtraining

Please contact Programming Manager, Jules at [jphilippi@thewac.com](mailto:jphilippi@thewac.com) for more information on any specialized training programs.

### Pilates Reformer

A Pilates Reformer personal training session is the most effective way to learn, practice and perfect your Pilates performance. Our trainers devote undivided attention to your specific needs and develop a custom program for optimum results.

### **NEW!** Women's Self Defense

#### Workshop

Saturday, January 19 • 9:00am

Instructor: *Peter K*

Designed for women, this Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence.

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

### **NEW!** Yin/Yang Flow Yoga

#### Workshop

Sunday, January 20 • 9:30am

Instructor: *Jamie O and Michelle K*

This class moves between mindful flow and restorative postures, which are held for an extended period of time. Yin Yoga, (restorative), is a perfect compliment to more active yoga styles as it nourishes the ligaments, joints, connective tissues, and areas of the body that rarely get attention. Yang Yoga, (mindful flow), will help awaken the body and smooth out the kinks in between the longer held poses. Safe for all levels and ages from novice to seasoned practitioner.

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

### Private Yoga Training

Experience personalized Yoga sessions where you'll work one-on-one with a Yoga instructor. Focus on strength, flexibility, balance training, power Yoga, therapeutic Yoga for injuries, stress reduction techniques or beginning Yoga. Private sessions are a great way to go to the next level in your practice and receive assisted stretching and adjustments in your postures specifically tailored to your body and needs. Private or group sessions are available at your convenience.

JANUARY • FEBRUARY 2019

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# ADVANCED TRAINING



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