

FIND YOUR FIT.

MONDAY

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

TUESDAY

7	6:00am-6:55am	★	Women on Weights • Lauren S
7	9:00am-9:55am	★	G.R.I.T. • Brynn D
7	10:00am-10:55am	◆	Tai Chi • Patricia C
7	1:00pm-1:55pm	△	Parkinson's on the Move • Jessica D
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	4:30pm-5:30pm	■ NEW!	Tidal Wave Boot Camp • Lauren S
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
4	5:10pm-5:40pm(S1)(S2)	◆	Power feat. Barre • Jules P
7	5:45pm-6:40pm	◆	Barre Burner • Jules P
4	6:00pm-6:30pm(S1)(S2)	★	Shred • Holley S
7	6:30pm-8:30pm	▶ ≡ ■	Tri-Fit • Miranda/Sean/Paul
7	6:35pm-7:30pm	★	BIRTHFIT Prenatal • Molly P
7	6:45pm-7:40pm	◆	Yoga for Beginners • Ed P

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FRIDAY

7	5:00am-6:00am	▲	Extreme X • Vanessa K
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SATURDAY

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

Schedule subject to change. For live schedule updates check schedule.thewac.com

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

Session 1 (S1): March 3 - March 30

Session 2 (S2): March 31 - April 27

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).

Power

Join us as we take you through a challenging strength workout featuring functional training, plyometrics, body sculpting and core conditioning. Blast through calories, build stronger muscles and increase your explosive power and speed.

FREE

Member registration begins **Monday, February 18**
 Non-Member registration begins **Tuesday, February 19**
 Classes begin the week of **Sunday, March 3**

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 class 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!

BIRTHFIT Prenatal Fitness

BIRTHFIT Prenatal Fitness focuses on intentional, functional movements concentrating on core strength and posterior chain activation that aims to keep you feeling vibrant, pain free, and strong during pregnancy and postpartum. We will also discuss nutrition and mindset strategies. This class is also ideal for women pre-pregnancy. Programming is modified based on individual needs and is appropriate for all levels of fitness and fitness backgrounds.

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, Yoga for Strength 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
7-week 2-Hour Fee: \$120 member | \$190 non-member

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.

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. This two hour class has special pricing, please contact the programming team at your club for more information.

NEW! Tidal Wave Boot Camp

Make a splash in Tidal Wave as you transition from water to land (pool deck) and back. This progressive class will challenge you in all aspects of cardio, strength and beyond.

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

Foxtrot: Friday, March 29 • 7:00pm

Swing: Friday, April 12 • 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

Golf Conditioning Workshop

Tuesday, March 12 • 7:00pm

Instructor: Adam W

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!

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

Roll & Release Workshop

Wednesday, April 3 • 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.

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

Squat Analysis Workshop

Saturday, April 13 • 9:00am

Instructor: Adam W

The Squat is generally regarded as one of the hardest exercises. It requires full body strength, balance, and flexibility. This workshop will take a look at the most common mistakes concerning the squat to help nearly all attendants whether a power lifter, bodybuilder, or gym enthusiast get the most out of their training.

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

Spring Detox Yoga Workshop

Saturday, March 16 • 11:15am

Instructor: Jamie O

Spring is a time of rebirth and starting new. This is the perfect time to flush out toxins that accumulated over the winter and rejuvenate the body and mind. Join us for this workshop that will utilize compressions, twists and inversions to best detoxify the body and increase blood flow. Leave feeling restored, cleansed and ready for spring's new beginnings.

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

Swim Stroke Analysis Workshop

Saturday, April 13 • 10:30am

Instructor: Guy G

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

The Basics and Benefits of Pilates

Saturday, March 9 • 11:30am

Saturday, April 6 • 11:30am

Instructor: Dana F

Are you interested in learning more about the Pilates Reformer and what it can do for you? Now is your chance to come and learn the benefits of Pilates and practice basic moves on the mat and Reformer. For attending this event, you will receive a complimentary 30-minute session on the Pilates Reformer!

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

Yin Yoga Workshop

Saturday, March 23 • 11:15am

Instructor: Michelle K

Yin Yoga works the deeper levels of the body/heart/mind: the connective tissues of the ligaments, fascia, joints and bones, and the energetic channels of the meridians, nerves and blood system. Yin Yoga targets the connective tissues in a passive style of asana poses, and it is common to hold a pose for 3-5 minutes to allow the deeper connective tissue to release and relax.

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

specializedtraining

Please contact Programming Manager, Jules at 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.

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.

try-itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 25

5:30am - Tabata in the Pool *with Toni G*

Tuesday, February 26

6:00am - Women on Weights *with Lauren S*

9:00am - G.R.I.T. *with Brynn D*

10:00am - Tai Chi *with Patricia C*

6:00pm - Adult Learn to Swim *with Catherine Z*

Wednesday, February 27

6:00am - Total Wellness for Women *with Dana F*

4:30pm - Tidal Wave Boot Camp *with Lauren S*

6:00pm - Prenatal Yoga *with Monica S*

Thursday, February 28

6:35pm - BIRTHFIT Prenatal Fitness *with Molly P*

Friday, March 1

5:00am - Extreme X *with Vanessa K*

Saturday, March 2

9:00am - Barre Burner *with Lynette R*

10:15am - Mindfulness & Meditation *with Cornelia B*

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ADVANCED TRAINING



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