

Workshops

Detox Yoga Workshop

Saturday, March 7 • 11:15am

Saturday, April 11 • 11:15am

Instructor: Jamie O

In this workshop, we will utilize compressions, twists and inversions to detoxify the body and increase blood flow. Leave feeling restored and cleansed. All levels are welcome.

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

Mindfulness & Meditation Workshop

Saturday, April 25 • 11:15am

Instructor: Cornelia B

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!

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

Pilates on the Foam Roller

Thursday, April 2 • 6pm

Instructor: Lynette R

Are you ready to test your balance and core strength through Pilates? Work through a typical flow using a foam roller as a prop for each exercise, increasing the intensity of core work and balance. Pilates experience is recommended but newcomer options will be available.

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

Swim Stroke Analysis Workshop

Saturday, April 18 • 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

Warrior Woman Workshop

Friday, April 17 • 6pm

Instructor: Holley S

Find your power! Designed specially for women, this workshop brings together an endorphin-releasing combination of cardio boxing, high-intensity interval training (HIIT) and a motivational meditation that will leave you feeling empowered and connected. Embodying the WAC principle of community, this unique workshop will give your mind, body and spirit a lift.

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

Yin Yoga Workshop

Saturday, April 18 • 10am

Instructor: Katrina W

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

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, February 24

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

9:00am - Barre Burner with Sarah E

6:00pm - Barre For Beginners with Amy L

Tuesday, February 25

6:00am - Women on Weights with Rudi Z

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

10:00am - Tai Chi with Patricia C

10:00am - Yoga for Osteoporosis with Monica S

4:00pm - Extreme X with Ben K

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

Wednesday, February 26

6:00pm - Prenatal Yoga with Monica S

7:00pm - Empower Yoga with Katrina W

Thursday, February 27

6:30pm - Tri-Fit with Sean D

Saturday, February 29

9:00am - Barre Burner with Lynette R

10:15am - Mindfulness & Meditation with Cornelia B



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ADVANCED TRAINING



WAUWATOSA

FIND YOUR FIT.

MONDAY

7	5:30am-6:25am	■	Tabata in the Pool • Toni G
7	9:00am-9:55am	◆	Barre Burner • Sarah E
7	6:00pm-6:55pm	◆	Barre For Beginners • Amy L

TUESDAY

7	6:00am-6:55am	★	Women on Weights • Rudi Z
7	9:00am-9:55am	★	G.R.I.T. • Brynn D
7	10:00am-10:55am	◆	Tai Chi • Patricia C
7	10:00am-10:55am	★	Yoga for Osteoporosis • Monica S
7	1:00pm-1:55pm	△	Parkinson's on the Move • Jessica D
7	4:00pm-4:55pm	≡	Extreme X* • Ben K
7	5:00pm-5:55pm	★	Extreme X • Holley S
7	5:30pm-6:25pm	◆	Restor. 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	◆	Empower Yoga • Katrina W

THURSDAY

7	5:00pm-5:55pm	★	Extreme X • Andre S
7	6:30pm-8:30pm	■	Tri-Fit • Miranda D

SATURDAY

7	9:00am-9:55am	◆	Barre Burner • Lynette R
7	9:00am-9:55am	≡	Extreme X* • Ben K
7	10:15am-11:10am	◆	Mindfulness & Meditation Cornelia B

WAC WAUWATOSA ROOM KEY

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

7week

Classes meet once a week for a 7-week session
7-Week Fee: \$60 member | \$95 non-member
7-Week Fee *(2x/wk): \$110 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!

Barre For Beginners

No dance experience needed! Come learn the basics of Barre while getting a total-body workout. These exercises will tone your muscles, challenge your balance and enhance your body awareness. This progressive class is perfect for anyone who is new to Barre and wants to learn more.

Empower Yoga

In Empower Yoga you'll find your power by applying the Universal Principles of Alignment™ to deepen each pose, and then reach your full potential by expanding from the heart. Whether you want to refine basic poses or learn challenging inversions, arm balances, or backbends, you'll find a full range of postures in this intermediate class.

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.

**Indicates 2x per week class*

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.

MARCH • APRIL 2020

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.

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.

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.

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 Osteoporosis

In Yoga for Osteoporosis/Osteopenia, you will learn how to safely perform a series of 12 yoga poses that research suggests may increase bone density and prevent fractures. Prior Yoga experience is not necessary and modifications of poses will be provided when needed.

REG

Member registration begins **Monday, February 17**
Non-Member registration begins **Tuesday, February 18**
Classes begin the week of **Sunday, March 1**