

MAY • JUNE 2019

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ADVANCED TRAINING



WWW.THEWAC.COM

8700 W. WATERTOWN PLANK ROAD • 414.443.5000



WAUWATOSA

7week

Classes meet once a week for a 7-week session
7-Week Fee: \$60 member | \$95 non-member
2-Hour Fee: \$120 member | \$190 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.

Backyard Boot Camp *IT'S BACK*

Summertime in Wisconsin is second to none—filled with baseball games, festivals and fairs. With these summer traditions, healthy eating habits and regular exercise routines are often thrown to the wayside. Backyard Boot Camp will help keep you on track with all those pounds you worked hard to shed during the long winter months while enjoying the summer sun. This progressive outdoor class focuses on functional training. It incorporates bodyweight exercises, sledgehammers, tires, battle ropes and much more to give you the best possible workout.

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 Pre/Postnatal 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.

Lifestyle Wellness

You can eat kale, go to the gym, drink water and take supplements, but neglecting your head and your heart can still leave you feeling unhealthy. Learn how to balance your health with a focus on mental and emotional wellness. Assess where you're at, set goals and learn how to create an epic lifestyle that incorporates gratitude, self-love and abundance...because you matter.

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!

OutFITT *NEW!*

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

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.

Race Day Ready *IT'S BACK*

Are you training for an endurance race this summer? Would you like to know how to best maximize your performance with proper training and nutrient timing? Find your peak performance by attending this progressive class led by running enthusiasts that are certified fitness and nutrition professionals. Whether it's a 5K or a full marathon, they will help you get prepared for race day and teach you how to properly recover so you are ready for your next adventure!

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.

Sports Circuit *NEW!*

This class incorporates plyometrics, agility and anaerobic exercises to give you a great cross training program. From circuit training to skills and drills, this course has it all!

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 Beginner

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.

Yoga Sculpt *NEW!*

This total-body workout is designed to tone and sculpt every major muscle group. Free weights are incorporated as you move through sun salutations and other Yoga sequences, enabling extra length and depth in poses. This intense, yet easy to follow program will complement your regular Yoga practice while pushing your strength and flexibility to new levels. Yoga Sculpt is fun, effective and a perfect way to expand your practice.

Workshops

Ballroom Dance Workshop: Rumba

Friday, June 7 • 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

Ballroom Dance Workshop: Wedding Dances

Friday, May 17 • 7:00pm

Instructor: *Connie R*

If you're getting married, a member of a wedding party, or just attending a wedding or special event, this is the course for you! We will be working on Swing, Foxtrot and Waltz and cover all the basics to get you moving out on the dance floor and feeling comfortable. Couples are recommended but singles welcome. Please do not wear tennis shoes or sandals. A hard sole shoe is best. If you have your shoes for the wedding please bring them!

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

Cinco de Mayo Zumba, Pound & Pour Workshop

Friday, May 3 • 6:30pm

Instructor: *Nila A & Ronny A*

Celebrate Mexico and Spanish rhythms with the dynamic duo of POUND and Zumba in an exciting summer smash-up! Get ready to Dance to your favorite Zumba Jams, rock out to some of the best chart toppers and SCORCH some calories. Chips, salsa and margaritas will be provided.

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

Golf Conditioning Workshop

Tuesday, May 14 • 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

Grilling Sides Workshop

Thursday, June 13 • 6:00pm

Instructor: *Ashleigh S*

Summer entrees are easy—a piece of meat, fish or chicken on the grill—but what do you serve alongside? If you need some new ideas, join one of our Registered Dietitians for this fun, interactive workshop. Take advantage of this opportunity to meet some of your fellow WAC members! Recipes and samples will be provided.

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

Intermittent Fasting Workshop

Saturday, May 11 • 11:00am

Instructor: *Ashleigh S*

Intermittent fasting is a hot topic! Is it healthy? Is it for you? This workshop will look at the effects of fasting and present the science behind the claims. A snack and starter plan will be provided.

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

Roll & Release Workshop

Saturday, June 1 • 10:00am

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

Stroller Strides® Workshop

Saturday, May 11 • 9:30am

Instructor: *Tracy J*

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. This 60-minute workshop 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! Enjoy light snacks and mimosas after class.

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

Yin/Yang Yoga Flow Workshop

Saturday, June 22 • 9:30am

Instructor: *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

Upside Down Playground Workshop

Monday, May 20 • 5:00pm

Instructor: *Monica S*

This workshop is designed for students looking to gain confidence in inversions. Inversions are a natural anti-depressant, they lift the mood, create a sense of well-being and benefit the circulatory system. This workshop consists of heat building physical practices, focusing on building strength in the core and upper body. You will gracefully go upside down in a playful, controlled and focused manner.

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

Yoga Nidra Workshop

Monday, May 6 • 5:00pm

Instructor: *Monica S*

Yoga Nidra, commonly known as yogic sleep, is a restorative meditation that guides you into conscious awareness of each part of the body to induce a deep and effortless relaxation. Yoga Nidra is not about falling asleep; rather, Yoga Nidra helps you achieve a relaxed body, fluid mind and higher awareness. Experience a guided meditation and learn techniques designed to complement and enhance the practice. The method is easily accessible and no prior Yoga experience is required.

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.

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	6:00am-6:55am ★	Sports Circuit • Ericka H
7	9:00am-9:55am ◆	Barre Burner • Jules P
21	9:30am-10:00am *≡	21-Day Transf. • Justin
7	6:00pm-6:55pm ◆	Barre Burner • Ali K
7	6:00pm-6:55pm *≡	Race Day Ready • Sara/Sean
7	6:30pm-7:30pm *	OutFITT • Mallory W

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	1:00pm-2:00pm △	Parkinson's on the Move • Jessica D
7	5:30pm-6:25pm ◆	Restorative Yoga • Dawnkristi F
21	6:00pm-6:30pm *	21-Day Transf. • Craig P
7	6:00pm-6:55pm ■	Adult Learn to Swim • Catherine Z
7	7:00pm-7:55pm ■	Adult Learn to Swim • Catherine Z

WEDNESDAY

21	9:30am-10:00am *≡	21-Day Transf. • Justin
7	6:00pm-6:55pm *	Backyard Boot Camp • Cole R
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	1:00pm-2:00pm ◆	Yoga Sculpt • Mary G
7	5:00pm-6:00pm ★	Extreme X • Holley S
7	5:45pm-6:40pm ◆	Barre Burner • Jules P
21	6:00pm-6:30pm *	21-Day Transf. • Craig P
7	6:30pm-8:30pm ▶≡■*	Tri-Fit • Miranda/Sean/Paul
7	6:35pm-7:30pm ★	BIRTHFIT Pre/Postnatal • Molly P
7	6:45pm-7:40pm ◆	Yoga for Beginners • Ed P

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FRIDAY

SATURDAY

7	8:00am-8:55am ◆	Lifestyle Wellness • Dana F
7	9:00am-9:55am ◆	Barre Burner • Lynette R
7	10:15am-11:10am ◆	Mindfulness & Meditation • Cornelia

WAC WAUWATOSA ROOM KEY

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

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Monday, April 22

5:30am - Tabata in the Pool with Toni G
6:00am - Sports Circuit with Ericka H
6:00pm - Barre Burner with Ali K

Tuesday, April 23

10:00am - Tai Chi with Patricia C

Monday, April 29

5:30am - Tabata in the Pool with Toni G
6:00am - Sports Circuit with Ericka H
9:00am - Barre Burner with Jules P
6:00pm - Barre Burner with Ali K
6:00pm - Race Day Ready with Sara & Sean
6:30pm - OutFITT with Mallory W

Tuesday, April 30

6:00am - Women on Weights with Rudi Z
9:00am - G.R.I.T. with Brynn D
6:00pm - Adult Learn to Swim with Catherine Z
6:00pm - 21-Day Transformation Info Meeting with Craig P

Wednesday, May 1

6:00pm - Backyard Boot Camp with Cole R
6:00am - Lifestyle Wellness with Dana F
9:30am - 21-Day Transformation Info Meeting with Justin G
6:00pm - Prenatal Yoga with Monica S
7:00pm - Power Yoga with Katrina W

Thursday, May 2

9:00am - Fit & Fall Proof with Justin G
1:00pm - Yoga Sculpt with Mary G
6:30pm - Tri-Fit with Miranda, Sean & Paul
6:30pm - BIRTHFIT Pre/postnatal with Molly P
6:45pm - Yoga for Beginners with Ed P

Saturday, May 4

9:00am - Barre Burner with Lynette R
10:15am - Mindfulness & Med. with Cornelia B

21day

Class meets twice a week for 21 days
21-Day Fee: \$49 member | \$99 non-member

21-Day Body Transformation

Want to get a flat tummy fast? Let us show you how you can beat belly bulge in less than a month! We will take all the guess work out of it. The program includes 2 30-minute group workouts per week, a nutrition plan to help maximize your results and all the support you will need! Sign-up today. Class size is limited!

REG

Member registration begins **Monday, April 15**
Non-Member registration begins **Tuesday, April 16**
Classes begin the week of **Sunday, May 5**