

SEPTEMBER • OCTOBER 2019



ADVANCED TRAINING



WAUWATOSA

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.

Backyard Boot Camp

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!

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.

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.

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.

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.

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.

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.



Workshops

Knee Pain Workshop

Wednesday, September 18 • 5:30pm

Instructor: Eileen C

Pain in the knee, especially the front of the knee, while exercising or running can be from a variety of sources. Join us to learn the basic anatomy of the knee, common causes of knee pain, proper form for basic lower extremity exercises and exercises to add in to your regular program that you may be missing.

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

Swim Stroke Analysis Workshop

Saturday, September 21 • 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

Yin Yoga Workshop

Saturday, September 28 • 10:00am

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

Ballroom Dance Workshop: Tango

Friday, October 11 • 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

Instant Pot Creations

Thursday, October 17 • 6:00pm

Instructor: Ashleigh S

Instant Pot cooking has taken the world by storm, and with good reason. Thanks to the wonders of pressure cooking, dishes that normally take hours to cook are ready in minutes instead. You can even set it ahead and have dinner hot and ready when you get home. What could be more perfect for the cold months ahead? Join one of our Registered Dietitians for a fun-filled workshop with a meal provided.

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

Hearts, Beats & Bikes Workshop

Friday, October 18 • 6:30pm

Instructor: Ronny A

Celebrate Valentine's Day and Heart Awareness Month with this heart-pounding Cycle and Pound combination class. Get inspired by our favorite love songs as we experience 40 minutes of endurance cycling followed by 20 minutes of Pound: the world's first cardio jam session using lightly weighted drum sticks engineered specifically for exercising. Join us afterward for socializing, and indulge in a chocolate treat and champagne.

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

21day

21-Day Body Transformation

Begins September 9, 2019

Class meets twice a week for 21 Day

Fee: \$49 member | \$99 non-member

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!



LOSEIT!

12week

Large Group sessions on
Tuesday nights at 6:30pm

12-Week Fee: \$299 member |

\$419 non-member

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!

Meet and Greets for the program are

Tuesday, August 27 • 6:30pm

Tuesday, September 3 • 6:30pm

R
E
G

Member registration begins **Monday, August 19**

Non-Member registration begins **Tuesday, August 20**

Classes begin the week of **Sunday, September 8**



FIND YOUR FIT.

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MONDAY

7 5:30am-6:25am ■
Tabata in the Pool • Toni G

7 9:00am-9:55am ◆
Barre Burner • Sarah E

21 6:00pm-6:30pm ★
21-Day Body Transf. • Ericka H

7 6:00pm-6:55pm ◆
Barre Burner • Ali K

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-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

12 6:30pm-7:30pm △
Lose It

7 7:00pm-7:55pm ■
Adult Learn to Swim • Catherine Z

WEDNESDAY

21 6:00pm-6:30pm ★
21-Day Body Transf. • Ericka H

7 6:00pm-6:55pm *
Backyard Boot Camp • Cole R

7 6:00pm-7:00pm ◆
Prenatal Yoga • Monica S

7 7:00pm-7:55pm ◆
Empower Yoga • Katrina W

THURSDAY

7 9:00am-9:55am ★
Fit & Fall Proof • Tina J

7 5:00pm-6:00pm ★
Extreme X • Holley S

7 5:45pm-6:40pm ◆
Barre Burner • Ali K

SATURDAY

7 9:00am-9:55am ◆
Barre Burner • Lynette R

7 10:15am-11:10am ◆
Mindfulness & Meditation • Cornelia B

SUNDAY

try•itweek

Try complimentary Advanced classes, introductory classes and more!

Saturday, August 24

10:15am - Mindfulness & Meditation with Cornelia B

Monday, August 26

5:30am - Tabata in the Pool with Toni
9:00am - Barre Burner with Sarah E
6:00pm - Barre Burner with Ali K

Tuesday, August 27

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
6:00pm - Backyard Boot Camp with Cole R
6:30pm - **LOSEIT!** Meet and Greet

Wednesday, August 28

6:00am - Women on Weights with Rudi Z
6:00pm - Prenatal Yoga with Monica S
7:00pm - Empower Yoga with Katrina W

Tuesday, September 3

6:30pm - **LOSEIT!** Meet and Greet

Thursday, September 5

9:00am - Fit & Fall Proof with Tina J
5:45pm - Barre Burner with Ali K

WAC WAUWATOSA ROOM KEY

- Exercise Pool
- Lap Pool
- ◆ MindBody Studio
- ★ Multi-Purpose Room
- △ Small Gym
- * Outside

REG

Member registration begins **Monday, August 19**
Non-Member registration begins **Tuesday, August 20**
Classes begin the week of **Sunday, September 8**

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