

## FIND YOUR FIT.

## JANUARY • FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am-5:45am  Cycle • Chris D	5:00am-5:45am  Cycle • Amy O	5:00am-5:45am  Cycle • Michelle D	5:00am-5:45am  Cycle • Rebecca M	5:30am-6:00am  Core • Michelle D	7:00am-7:45am  Cycle • Paul L
5:30am-6:25am  Strength • Kelly P	5:00am-5:55am  Interval • Liz K	5:30am-6:25am  Boot Camp • Rebecca P	5:30am-6:25am  Interval • Molly H	6:00am-6:45am  Cycle • Julie R	7:30am-8:25am  Step • John D
6:00am-6:45am  Cycle • Julie R	6:00am-6:45am  Cycle • Melissa C	6:00am-6:30am  Treading • Sara C	6:00am-6:45am  Cycle • Kelly P	8:00am-8:55am  Cardio Circuit • Emily M	8:00am-8:50am  Cycle • Amberlea C
6:00am-6:45am  Pilates • Cheryl L	6:00am-6:55am  Yoga • Kathy B	6:00am-6:45am  Cycle • Amberlea C	6:00am-6:55am  Yoga • Amy S	8:00am-8:55am  Zumba® • Lynette R	8:30am-9:25am  Ringside • Andre S
8:00am-8:55am  Step Fusion • John L	8:00am-8:45am  Cycle • Tiffany S	6:30am-7:00am  Treading • Sara C	8:00am-8:55am  Yoga • Stephanie H	9:00am-9:55am  Cycle • Ashley L	8:30am-9:25am  Zumba® • Kelly B
8:30am-9:25am  Cycle • Aimee W	8:00am-8:55am  Cardio Circuit • Johnny M	9:00am-9:45am  Cycle • Angela J	9:00am-9:55am  Boot Camp • Anne U	9:00am-9:55am  Strength LITE • Holley S	9:00am-9:55am  Cycle • Mark S
9:00am-9:55am  Cardio Circuit • Sarah E	9:00am-10:00am  Pilates • Sarah E	9:00am-9:55am  Cardio Circuit • Josh S	9:00am-9:55am  Cycle • Tif B	9:00am-9:55am  Yoga • Sabine B	9:30am-10:25am  Strength • John D/Becky R
9:00am-9:55am  Strength LITE • John L	9:00am-9:55am  Strength • Andre S	9:00am-9:55am  Strength LITE • Holley S	9:00am-9:55am  Pilates • Lynette R	10:00am-10:55am  Groove LITE • Joan B	10:30am-11:25am  Yoga • Ed P
10:05am-10:35am  Strength EXPRESS • John L	12:00pm-12:45pm  Cycle • Jules P/Miranda D	9:00am-9:55am  Yoga • Jamie O	9:30am-10:25am  Strength • Holley S	10:00am-10:55am  Strength • Mary G	
10:00am-10:55am  Yoga • Tif B	12:00pm-12:45pm  Strength EXPRESS • Heidi H	10:00am-10:55am  Strength • Andy P	10:00am-10:55am  Yoga • Michelle K	10:00am-10:55am  Yoga LITE • Kathy O	
10:00am-10:55am  Yoga LITE • Mary G	4:30pm-5:25pm  Strength • Holley S	10:00am-10:55am  Yoga • Michelle K	12:00pm-12:45pm  Cycle • Katie V	12:00pm-12:45pm  Cardio Circuit • TBD	8:30am-9:25am  Cycle • Tif B
12:00pm-12:45pm  Yoga EXPRESS • Mary G	5:30pm-6:15pm  Cycle • Nicole M	10:00am-10:55am  Yoga LITE • Tif B	4:30pm-5:25pm  Strength • Dawnkristi F	12:00pm-12:45pm  Yoga EXPRESS • Lindsay A	8:30am-9:25am  Groove • Susan Z
4:30pm-5:25pm  Cardio Circuit • Dusanka V	5:30pm-6:25pm  Step Fusion • Sarah T	12:00pm-12:55pm  Zumba® • Lys M	5:30pm-6:15pm  Cycle • Tim R	5:30pm-6:25pm  Ringside • Christina W/Tim S	9:30am-10:25am  Yoga • Sabine B/Mary G
5:00pm-5:45pm  Cycle • Ashley L	6:00pm-6:55pm  Yoga • Rebecca L	5:00pm-5:55pm  Ringside • Jim K	5:30pm-6:25pm  Zumba® • Nila A	5:45pm-6:40pm  Yoga • Joe F/Rebecca L	
5:30pm-6:00pm  Core • Dusanka V	7:00pm-7:55pm  Pilates • Sara C	5:00pm-5:55pm  Yoga • Monica S	6:30pm-7:25pm  Strength • Jennifer P		
6:00pm-6:45pm  Cycle • Ronny A		6:00pm-6:45pm  Cycle • Paul L	6:30pm-7:25pm  Zumba® • Brea L		
6:00pm-6:55pm  Ringside • Pete P		6:00pm-6:55pm  Interval • John D			
6:05pm-7:00pm  Interval • Ashleigh S		7:00pm-7:55pm  Strength • Nickie P			
7:00pm-7:55pm  Zumba® • Brea L					

## SUNDAY

**LITE** - With Lower Intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.

**EXPRESS** - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

Schedule subject to change. For live schedule updates, check [schedule.thewac.com](http://schedule.thewac.com)

## WAC WAUWATOSA ROOM KEY

Small Gym Large Gym Studio Fitness Floor  
 Multi-Purpose Room Cycle Studio

**CARDIO**

**Boot Camp**

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

**Cardio Circuit**

Get plugged into this circuit format class. There's no tricky choreography- just challenging and fun stations featuring cardio, muscle conditioning and balance training exercises.

**Interval**

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

**Ringside**

Be sure to experience this powerful cardio class involving bags and boxing gloves! Gain bag skills, agility, strength, balance and flexibility through this class. Class size may be limited.

**Step**

Step is a high energy, low impact, choreographed aerobic class using a low-lying bench. Expect to sweat, challenge your mind and enjoy the social aspect of this class.

**Step Fusion**

This class takes our popular step workout and combines it with the benefits of muscle conditioning to give you the most out of your cardio workout. Expect to use a variety of sculpting equipment.

**Treading**

Get inspired in this instructor led group treadmill class using various speeds and inclines. Participants will have their own treadmill to allow for making adjustments based on individual heart rate and fitness level. Pre-registration is required.

**CYCLE**

**Cycle**

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere.

Pre-registration is required.

**GROOVE**

**Groove**

Get ready to cut loose and have fun in this cardio-dance class. Move to today's top dance and pop hits in a workout that feels like a party. Routines are easy to learn but still challenging to all fitness levels.

**Zumba**

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

**MIND|BODY**

**Pilates**

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

**Yoga**

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

**STRENGTH**

**Core**

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

**Strength**

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

**WATER**

Complimentary Water classes can be found in the Water schedule.



**COMPLIMENTARY CLASSES**



**WAUWATOSA**