

JULY - AUGUST

# premium

## CLASS SCHEDULE

### 7-WEEK CLASSES

#### Women on Weights

Tuesdays • 6-6:55am

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

#### Classes meet once a week for a 7-week session

Fee: \$75 member | \$110 non-member

Drop-In Fee: \$15 member | \$20 non-member

#### Registration Dates

June 13 - member registration begins

June 14 - non-member registration begins

Sign up for Premium classes at the Front Desk.



Wauwatosa

8700 W. Watertown Plank Rd.

414.443.5000

[www.thewac.com](http://www.thewac.com)