

FIND YOUR FIT.

MARCH • APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-5:45am Cycle ▶	5:00am-5:55am Interval ▲	5:00am-5:45am Cycle ▶	5:00am-5:45am Cycle ▶	5:30am-6:00am Core △	7:00am-7:45am Cycle ▶	
5:15am-6:00am BODYPUMP® ▲	5:30am-6:15am Cycle ▶	5:30am-6:25am Boot Camp ▲	5:30am-6:25am Interval ▲	6:00am-6:45am Cycle ▶	7:30am-8:25am Step △	
5:30am-6:25am Strength △	6:00am-6:55am Yoga ◆	6:00am-6:30am Treading ≡	6:00am-6:45am Cycle ▶	8:00am-8:55am Zumba® ◆	8:00am-8:45am Cycle ▶	
6:00am-6:45am Pilates ◆	6:00am-7:00am BODYPUMP® ▲	6:00am-6:45am Cycle ▶	6:00am-6:55am Yoga ◆	8:30am-9:30am BODYPUMP® ▲	8:30am-9:25am Ringside △	
6:00am-6:55am Cycle ▶	8:00am-8:45am Cycle ▶	6:30am-7:00am Treading ≡	8:00am-8:55am Yoga ◆	9:00am-9:55am Cycle ▶	8:30am-9:25am Zumba® ▲	
8:00am-8:55am Step Fusion △	9:00am-9:55am Strength ▲	9:00am-9:45am Cycle ▶	9:00am-9:55am Boot Camp ▲	9:00am-9:55am Strength LITE △	9:00am-9:55am Cycle ▶	
8:30am-9:25am Cycle ▶	9:00am-10:00am Pilates ◆	9:00am-9:55am Cardio Circuit △	9:00am-9:55am Cycle ▶	9:00am-9:55am Yoga ◆	9:30am-10:25am Strength △	
9:00am-9:55am Cardio Circuit △	11:30am-12:15pm Cycle ▶	9:00am-9:55am Strength LITE ▲	9:00am-9:55am Pilates ◆	10:00am-10:55am Groove LITE ◆	9:30am-10:30am BODYPUMP® ▲	
9:05am-9:55am Strength LITE ▲	12:00pm-1:00pm BODYPUMP® ▲	9:00am-9:55am Yoga ◆	9:30am-10:25am Strength △	10:00am-10:55am Strength △	10:30am-11:25am Yoga △	
10:00am-10:55am Yoga ◆	4:30pm-5:25pm Strength △	10:00am-10:55am Strength △	10:00am-10:55am Yoga ◆	10:00am-10:55am Yoga LITE ★		
10:00am-10:55am Yoga LITE ★	5:30pm-6:15pm Cycle ▶	10:00am-10:55am Yoga ◆	12:00pm-12:45pm Cycle ▶	12:00pm-12:45pm Yoga EXPRESS ◆		
10:05am-10:35am Strength EXPRESS △	5:30pm-6:25pm Step Fusion △	10:00am-10:55am Yoga ★	4:30pm-5:25pm Strength △	5:45pm-6:40pm Yoga ◆		
12:05pm-12:50pm Yoga EXPRESS ◆	5:30pm-6:30pm BODYPUMP® ▲	12:00pm-12:55pm Zumba® △	5:30pm-6:15pm Cycle ▶			
4:30pm-5:25pm Cardio Circuit △	6:00pm-6:55pm Yoga ★	5:00pm-5:45pm Cardio Circuit △	5:30pm-6:25pm Zumba® △			
5:00pm-5:45pm Cycle ▶	7:00pm-7:55pm Pilates ◆	5:00pm-5:55pm Yoga ◆	6:00pm-6:55pm Zumba® ▲			
5:00pm-6:00pm BODYPUMP® ▲		5:30pm-6:30pm Cycle ▶	6:30pm-7:25pm Strength △			
5:30pm-6:00pm Core △		6:00pm-7:00pm BODYPUMP® △	7:05pm-7:50pm BODYPUMP® ▲			
6:00pm-6:45pm Cycle ▶		6:30pm-7:15pm Cycle ▶				
6:00pm-6:55pm Ringside △						
7:00pm-7:55pm Zumba® △						

WAC WAUWATOSA ROOM KEY

- △ Small Gym
- ▲ Large Gym
- ◆ Studio
- ≡ Fitness Floor
- ★ Multi-Purpose Room
- ▶ Cycle Studio

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.

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.**

STRENGTH**BODYPUMP®**

BODYPUMP® is a barbell training class designed to give you maximum results in the shortest amount of time. While low on complexity, this class has all the benefits of weight training. Increase your strength and metabolism with a great total-body workout.

***Pre-registration is required.**

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.

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.

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.

WATER

Complimentary Water classes can be found in the Water schedule.

**COMPLIMENTARY CLASSES****WAUWATOSA****WWW.THEWAC.COM****8700 W. WATERTOWN PLANK RD. • 414.443.5000**