

MAY - JUNE



# ADVANCED TRAINING

## 7 Week Classes

### 7 Women on Weights

Multipurpose Room  
Tuesdays • 6-6:55am with Rudi

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.

### 7 Backyard Boot Camp

Outdoors  
Wednesdays • 5:30-6:30pm  
with Nick

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.

### 7 Tri-Fit\*

Thursdays • 6:30-8:30pm

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.

## Register for Advanced Training at the Front Desk

Classes meet once a week  
for a 7-week session  
7-Week Fee: \$75 member  
\$110 non-member

\*This two-hour class has special  
pricing, please contact Chris at  
[cgartzke@thewac.com](mailto:cgartzke@thewac.com) for more  
information or to sign up.

### Registration Information

April 18 | member registration begins  
April 19 | non-member registration begins