

FIND YOUR FIT.

MONDAY		TUESDAY		WEDNESDAY	
4	6:00am-6:30am ★ Shred feat. HIIT It • Brandy S	7	4:30pm-5:25pm ● Cardio Combat • Rick H	7	12:00pm-12:55pm ● Cardio Combat • Rick H
7	5:30pm-6:25pm ● Cardio Combat • Rick H	7	5:30pm-6:20pm ★ Women on Weights • Kristin J	4	7:00pm-7:30pm ★ Shred • Ben K
7	6:30pm-7:25pm ★ Fit Club • Kristin J	7	6:30pm-7:25pm ★ Body Transf. Bootcamp • Trent T	7	7:30pm-8:25pm ★ Functional Kettlebells • Alex G

WAC WEST ALLIS ROOM KEY

- Studio
- Pool
- ◆ Mind|Body Studio
- ★ PT Studio
- ▷ Cycle Studio

JANUARY • FEBRUARY 2019

THURSDAY		FRIDAY		SATURDAY	
7	5:30pm-6:25pm ◆ Barre Burner • Ashley B	7	6:00am-6:55am ● Body Transf. Bootcamp • Trent J	7	8:00am-8:55am ★ Bands & Bells • CJ P
7	5:30pm-6:25pm ★ Tabata • Kristin J	7	12:00pm-12:55pm ● Cardio Combat • Rick H	4	9:00am-9:30am (S1)(S2) ★ Shred feat. Tabata • Kristin J
7	6:30pm-7:25pm ● Cardio Combat • Rick H			4	9:30am-10:10am (S1)(S2) ▶ Shred feat. Vicious Cycle • Rick H
7	7:30pm-8:25pm ● Stability Ball Condition. • Brandy			7	11:00am-11:55pm ★ Extreme X • Ben K

Schedule subject to change. For live schedule updates check schedule.thewac.com

4week

Classes meet once a week for a 4-week session
4-Week Fee: \$40 member | \$60 non-member

Shred

Be ready to sweat and beat boredom in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using a combination of gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits (or a variety of disciplines).

7week

Classes meet once a week for a 7-week session
7-Week Fee: \$60 member | \$95 non-member

Bands & Bells

Spice up your routine with Bands & Bells: a class that combines super bands, kettlebells, barbells and dumbbells in a workout that will keep your body guessing. Train your upper and lower body with strength, speed, agility and flexibility exercises—a perfect complement to your normal resistance training.

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!

Body Transformation Boot Camp

This boot camp will help you shed those unwanted pounds and inches while taking your workouts to the next level. This class will challenge your mind and transform your body, getting you the results you want!

Cardio Combat

This high-intensity training class is for all fitness levels. The combination of agility, sports conditioning, boxing and kick boxing with adrenaline-pumping music will increase your fat-burning potential, increase strength, improve posture and coordination and reduce stress.

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 Club

If you are looking for a high-energy workout that will push you to your limits and lead you in the direction of prime physical health, then you need to try Fit Club. Avoid plateaus and reach your maximum potential with a variety of different workout formats and challenging cardio circuits. This class is for anyone, whether you are an advanced or a novice exerciser. Come join us for this professionally-devised workout and challenge yourself to something new!

Functional Kettlebells

Join us to learn the basic, yet exciting art of kettlebells. This functional class will challenge both your strength and endurance. Get ready to take your workouts to the next level!

Stability Ball Conditioning

Improve your balance and core strength, and give your body a total stretch. Don't underestimate the power of a stability ball; it can drastically improve your fitness. Join us as we show you the many benefits of adding a stability ball to your workout routine.

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Tabata

Tabata is one of the most effective types of high-intensity interval training to burn calories and develop muscle definition. Class consists of a warm-up leading to timed sets of bodyweight exercises like sprints, push-ups and squat jumps performed in 20-second intervals of all-out intensity, followed by 10-second recovery periods, and concluding with a well-deserved cool-down. Expect to be progressively challenged as you push to the next level of intensity.

Triple Threat

This course is designed to help you tone, pump and tighten your body. We will target muscle groups with a variety of exercises designed to get results. Boost your body image and confidence level as you head to the office or for a night out on the town!

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.

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