

**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 the abdominals, arms, and glutes. All three muscle groups are targeted 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!

**Water Boot Camp**

This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.

**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.

**ADVANCED TRAINING****WWW.THEWAC.COM****1939 S. 108TH STREET • 414.321.2500****WEST ALLIS**

## FIND YOUR FIT.

### MONDAY

4	8:30am - 9:00am	●	Shred feat. Combat • Rick H
7	2:00pm - 2:55pm	●	Fit & Fall Proof • Arthur D
7	4:30pm - 5:25pm	★	Use It or Lose It • Kristin J
7	5:30pm - 6:25pm	●	Cardio Combat • Rick H
7	6:00pm - 6:55pm	*	OutFITT • Ashley B
7	6:30pm - 7:25pm	★	Fit Club • Kristin J
7	7:30pm - 8:30pm	★	Maximum Muscle • Arthur D

### TUESDAY

7	6:00am - 6:55am	*	OutFITT • Mio P
7	8:30am - 9:25am	■	Water Boot Camp • Arthur D
7	4:30pm - 5:25pm	●	Cardio Combat • Rick H
7	5:30pm - 6:25pm	★	Women on Weights • Kristin J
7	6:30pm - 7:25pm	★	Extreme X • Ben K

### WEDNESDAY

7	6:30am - 7:25am	★	G.R.I.T. • Trent J
7	12:00pm - 12:55pm	●	Cardio Combat • Rick H
7	2:00pm - 2:55pm	●	Golf Conditioning • Arthur D
7	6:00pm - 6:55pm	*	OutFITT • Ben K
7	6:00pm - 6:55pm	★	Triple Threat • Michelle R

### THURSDAY

7	6:00am - 6:55am	★	Use It or Lose It • Kristin J
7	7:00am - 7:55am	★	Maximum Muscle • Arthur D
7	5:30pm - 6:25pm	▲	Barre Burner • Ashley B
7	5:30pm - 6:25pm	★	Tabata • Kristin J
7	6:00pm - 6:55pm	*	OutFITT • Allie S
7	6:30pm - 7:25pm	●	Cardio Combat • Rick H
7	6:30pm - 7:25pm	★	Extreme X • Ben K
7	8:30pm - 9:00pm	●	Stability Ball Cond. • Brandy S

## JULY • AUGUST 2018

### FRIDAY

7	12:00pm - 12:55pm	●	Cardio Combat • Rick H
7	6:00pm - 6:55pm	*	OutFITT • Arthur D

### SATURDAY

7	8:00am - 8:55am	★	Bands & Bells • CJ
4	9:00am - 9:30am	★	Shred feat. Tabata • Kristin J
4	9:30am - 10:00am	☾	Shred feat. Vicious Cycle • Rick
7	10:00am - 11:00am	*	Extreme X • Ben K

### WAC WEST ALLIS ROOM KEY

- Studio 1    ▲ Studio 2
- ▶ Studio 3    ★ PT Studio
- Pool       † Multi Purpose Room
- \* The Yard

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

**REG** Member registration begins Monday, June 18  
Non-Member registration begins Tuesday, June 19  
Classes begin the week of Sunday, July 8

## 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 that you have always wanted without feeling like you have two left feet.

### Cardio Combat

A high-intensity, small group personal training class for all fitness levels. A combination of agility, sports conditioning, boxing and kick boxing with adrenaline-pumping music to increase your fat-burning potential, increase strength, improve posture and coordination and reduce stress!

### Extreme X

Join the craze! Push yourself past what you ever thought possible...this class takes traditional interval training to a new level...Long bursts of maximum intensity exercise with 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

### 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!

### Fit & Fall Proof

Have you fallen in the past or do you have a fear of falling? Join us in a progressive class for active agers that will explore multiple dimensions of balance and mobility. We will assess balance impairments, learn fall prevention strategies and practice exercises to increase strength and mobility.

### Golf Conditioning

This class will focus on the strength and conditioning needed to help perfect your golf game. You will perform exercises to develop core strength, joint range of motion, balance and more!

## G.R.I.T.

Do you have what it takes to work your way through 30, 60 and 90-second intervals of cardio, strength, plyometrics and static holds? If yes, Group Radical Interval Training is your chance to prove it! This workout challenges you both physically and mentally and will improve your cardiovascular fitness, increase your strength, release those endorphins and burn calories for hours after class is over.

### Maximum Muscle

Maximum muscle is designed to teach you proper power lifting form and technique while incorporating circuit training. Challenge your muscles to the max and blast away calories by rapidly progressing through trainer-designed stations.

### OutFITT

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

### 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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