

FIND YOUR FIT.

MONDAY

4 6:00am-6:30am ★
Shred feat. HIIT It • Brandy S

7 5:30pm-6:25pm ●
Cardio Combat • Rick H

7 5:30pm-6:20pm ★
Women on Weights • Kristin J

7 6:30pm-7:25pm ★
Fit Club • Kristin J

TUESDAY

7 6:30am-7:10am 🌙
Shred feat. Vicious Cycle • Rick H

7 4:30pm-5:25pm ●
Cardio Combat • Rick H

7 5:30pm-6:20pm ★
Women on Weights • Kristin J

7 6:30pm-7:25pm ★
Body Transf. Boot Camp • Trent J

WEDNESDAY

7 12:00pm-12:55pm ●
Cardio Combat • Rick H

4 6:30pm-7:00pm(S1)(S2) ★
Shred feat. Row • CJ P

THURSDAY

7 5:30pm-6:25pm ◆
Barre Burner • Ashley B

7 5:30pm-6:25pm ★
Tabata • Kristin J

7 6:30pm-7:25pm ●
Cardio Combat • Rick H

7 7:30pm-8:25pm ●
Stability Ball Cond. • Brandy S

MARCH • APRIL 2019

FRIDAY

7 6:00am-6:55am ★
Body Transf. Boot Camp • Trent J

7 12:00pm-12:55pm ●
Cardio Combat • Rick H

SATURDAY

7 8:00am-8:55am ★
Bands & Bells • CJ P

4 9:00am-9:30am ★
Shred feat. Tabata • Kristin J

4 9:30am-10:10am 🌙
Shred feat. Vicious Cycle • Rick H

WAC WEST ALLIS ROOM KEY

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

4week

Classes meet once a week for a 4-week session
4-Week Fee: \$40 member | \$60 non-member
Session 1 (S1): March 3 - March 30
Session 2 (S2): March 31 - April 27

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).

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

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.

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!

Row Fit

This intense class will kick your cardio into high gear by utilizing the rower to work with different levels of speed and resistance. Combined with resistance exercises off the rower, this class provides the perfect balance of cardio and strength.

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.

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.

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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ADVANCED TRAINING



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