

MARCH • APRIL 2020

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# ADVANCED TRAINING



[WWW.THEWAC.COM](http://WWW.THEWAC.COM)


1939 S. 108TH STREET • 414.321.2500




WEST ALLIS


## FIND YOUR FIT.


### MONDAY

7 6:00am-6:55am   
Climb Fit • Jenna S


7 5:30pm-6:25pm   
Cardio Combat • Katie B

### TUESDAY


7 5:30pm-6:25pm   
Strong by Zumba® • Yuna L


7 5:30pm-6:25pm   
Women on Weights • Jason D

### WEDNESDAY

7 5:30pm-6:30pm   
Spartan Strong • Jason D


### THURSDAY

7 4:30pm-5:25pm   
Core Pilates • Tammy L

7 6:30pm-7:25pm   
Cardio Combat • Katie B

## MARCH • APRIL 2020

### SATURDAY

7 9:00am-9:55am   
Yoga for Beginners • James M

## 7week

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

### 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.

### Climb Fit

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

### Core Pilates

Learn to use your own body weight and small apparatuses for resistance to work the muscles deeper. This full-body, intense workout will light your inner furnace and rev your metabolism.

### Spartan Strong

Conquer physical and mental obstacles together in a group training program inspired by the principles of Spartan Race. Increase your strength, endurance and mobility with an innovative combination of resistance training, body weight challenges, dynamic stretching and cardio focused drills.

### Strong by Zumba®

Strong by Zumba combines high-intensity interval training with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.

### 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.

### Yoga for Beginners

Specialized for participants who are new to the Yoga practice, this class offers an introduction to various breathing exercises and poses, providing clear and concise instructions to prevent injury.

## try•itweek

Try complimentary Advanced classes, introductory classes and more!

### Monday, February 24

6:00am - Climb Fit with Jenna S  
5:30pm - Cardio Combat with Katie B

### Tuesday, February 25

5:30pm - Strong by Zumba® with Yuna L  
5:30pm - Women on Weights with Jason D

### Wednesday, February 26

5:30pm - Spartan Strong with Jason D

### Thursday, February 27

4:30pm - Core Pilates with Tammy L  
6:30pm - Cardio Combat with Katie B

### Friday, February 28

9:00am - Yoga for Beginners with James M

## workshops

### Self Defense Workshop





Saturday, March 21 • 11:30am  
Saturday, April 18 • 11:30am

Instructor: Garrett H

This Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence.

Fee: \$20 member | \$25 non-member

### WAC WEST ALLIS ROOM KEY

-  Studio
-  MindiBody Studio
-  PT Studio
-  Fitness Floor

REG

Member registration begins **Monday, February 17**  
Non-Member registration begins **Tuesday, February 18**  
Classes begin the week of **Sunday, March 1**