

## FIND YOUR FIT.

### MONDAY

4 6:00am-6:30am S1 ★  
Shred feat. HIIT It • Brandy S

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

7 4:30pm-5:20pm ★  
Use It or Lose It • Kristin J

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

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

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

### TUESDAY

4 6:30am-7:10am S1 🌙  
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

7 6:30pm-7:30pm \*  
OutFITT • Ben K

### WEDNESDAY

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

### THURSDAY

7 6:00am-6:50am ◆  
Use It or Lose It • Kristin J

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

7 5:30pm-6:25pm ★  
Tabata • Kristin J

7 5:30pm-6:30pm ■  
Tidal Wave Boot Camp • Allie S

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

## MAY • JUNE 2019

### FRIDAY

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

### SATURDAY

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

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

### WAC WEST ALLIS ROOM KEY

- Studio
- ◆ MindBody Studio
- 🌙 Cycle Studio
- Pool
- ★ PT Studio
- ☰ Fitness Floor
- \* Outside

## 4week

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

**Session 1 (S1): May 5 - June 3**

**Session 2 (S2): June 4 - July 6**

### 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.

### Climb Fit

This intense class will kick your cardio into high gear by utilizing the step mill and Jacob's 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.

### 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!

### 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!

### 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.

### Tidal Wave Boot Camp

Make a splash in Tidal Wave as you transition from water to land (pool deck) and back. This progressive class will challenge you in all aspects of cardio, strength and beyond.

### Use It or Lose It

Congratulations on completing the Lose It Challenge! Celebrate all your new healthy habits in this 7-week progressive class. Stay accountable and on track with your fellow Lose It participants.

### 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.

MAY • JUNE 2019

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## ADVANCED TRAINING



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