

SEPTEMBER • OCTOBER 2019

SEPTEMBER • OCTOBER 2019



# 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 • Rick H
7	6:30pm-7:25pm Fit Club • Kristin J

TUESDAY	
7	4:30pm-5:25pm Cardio Combat • Rick H
7	5:15pm-6:15pm Feel the Burn • Trent R
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
7	7:30pm-8:25pm Water Boot Camp • Brittany M

THURSDAY	
7	5:30pm-6:25pm Tabata • Kristin J
7	6:30pm-7:25pm Cardio Combat • Rick H

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

SATURDAY	
7	8:00am-8:55am Bands & Bells • CJ P
7	9:00am-9:55am Yoga for Beginners • James M
4	9:30am-10:10am S1/S2 Shred feat. Vicious Cycle • Rick H

## 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.

### 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 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.

### 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!

### 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.

### Feel the Burn

Join us for an intense workout featuring plyometrics and functional training techniques using only your body weight. This class will turn up the heat and increase your explosive power, speed and endurance while blasting calories and toning muscles!

### 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.

### 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.

### WAC WEST ALLIS ROOM KEY

- Studio
- ◆ Mind|Body Studio
- ▶ Cycle Studio
- Pool
- ★ PT Studio
- ≡ Fitness Floor

## 4week

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

**Session 1 (S1): September 8 - October 5**

**Session 2 (S2): October 6 - November 2**

### Shred feat. Vicious Cycle

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).