

FIND YOUR FIT.

JANUARY • FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am-6:15am ● Boot Camp • Tammy L	8:30am-9:25am ■ Water • Kathie B	5:30am-6:25am ◆ Pilates • Tammy L	5:30am-6:15am ● Interval • Tammy L	5:30am-6:15am ◃ Cycle • Jamie S	7:30am-8:25am ● Strength • Nick G
8:30am-9:25am ■ Water • Marlene I	9:00am-9:55am ● Zumba® • Heidi M	6:00am-6:45am ◃ Cycle • Jennifer S	8:30am-9:25am ● Stretch • Mary H	5:30am-6:25am ◆ Yoga • Mary G	8:30am-9:15am ◃ Cycle • Rotation
9:00am-9:45am ◃ Cycle • Chrissy H	10:00am-10:55am ◆ Chair Yoga • Ashlee S	8:00am-8:55am ◃ Cycle • Lisa S	8:30am-9:25am ■ Water • Marlene I	6:30am-7:25am ● Groove • Yuna L	8:30am-9:25am ● Step • Lee Z
9:00am-9:55am ● Zumba® • Heidi M	10:00am-10:55am ● Strength • Brandy S	8:30am-9:25am ■ Water • Pat H	9:30am-10:25am ◆ Yoga • Ashlee S	8:30am-9:25am ◆ Chair Yoga • Janice S	8:30am-9:25am ■ Water Fusion • Eileen T
9:30am-10:25am ◆ Pilates • Mary H	11:00am-11:55am ◆ Yoga • Stephanie H	9:00am-9:45am ● Cardio Mix • CJ P	10:00am-10:45am ● Strength • Geni N	9:00am-9:55am ◃ Cycle • Tiffany S	9:30am-10:25am ● Ringside • Lee Z
10:10am-10:55am ● Strength LITE • Eunice G	5:30pm-6:15pm ◃ Cycle • Sanita H	9:00am-9:55am ◆ Yoga • Malisia H	10:45am-11:15am ◆ Core • Geni N	9:35am-10:20am ◆ Pilates • Mary H	9:30am-10:25am ◆ Yoga • James M
12:00pm-12:55pm ◆ Yoga • Ashlee S	5:35pm-6:30pm ● Hip Hop • Alyssa T	10:00am-10:45am ● Strength LITE • Allie S	5:30pm-6:25pm ● Zumba® • Samantha G	10:10am-10:55am ● Strength LITE • Geni N	10:30am-11:25am ● Zumba® • Rotation
4:30pm-5:15pm ● Strength • Allie S	6:30pm-7:30pm ◆ Yoga • Janice S	11:00am-11:45am ◆ Yoga LITE • Malisia H	6:30pm-7:30pm ◆ Yoga • Janice S		
5:30pm-6:25pm ◃ Cycle • Lisa S	6:35pm-7:30pm ● Ringside • Lee Z	5:00pm-5:55pm ◆ Strength • Randi F	7:35pm-8:05pm ◆ Core • Nick G		
6:30pm-7:25pm ■ Water Power • Linda R	7:35pm-8:30pm ● Zumba® • Lydia J	6:00pm-6:30pm ◃ Cycle EXPRESS • Brenda S			
6:35pm-7:30pm ● Interval • Jamie S	9:00pm-9:55pm ★ Strength • Eunice G	6:30pm-7:25pm ■ Water Power • Linda R			
6:35pm-7:30pm ◆ Yoga • James M		6:40pm-7:10pm ◆ Pilates EXPRESS • Brenda S			
7:35pm-8:30pm ● Zumba® • Eunice G		7:00pm-7:30pm ● Interval EXPRESS • Nick G			
		7:15pm-7:45pm ◆ Yoga EXPRESS • Brenda S			

SUNDAY
9:00am-9:55am ● Interval • Tim S
10:00am-10:55am ● Ringside • Arthur Y
11:00am-11:55am ◆ Yoga • Meghan G

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

WAC WEST ALLIS ROOM KEY				
● Studio 1	◆ Mind Body Studio (Studio 2)	◃ Cycle Studio (Studio 3)	■ Pool	★ PT Studio

LITE - With Lower Intensity, fewer reps and more breaks between exercises, our LITE Classes are perfect for mature adults, members new to exercise or those recovering from an injury.

EXPRESS - Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

CARDIO

Boot Camp

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

Cardio Mix

This class blends a variety of cardio formats (step, kickboxing, dance, Hi/Lo) with sculpting for a dynamic calorie-burning workout. Using a variety of fitness equipment like hand weights, resistance bands and body bars will keep your body guessing and ramp up the burn.

Interval

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

Ringside

Be sure to experience this powerful cardio class involving bags and boxing gloves! Gain bag skills, agility, strength, balance and flexibility through this class. Class size may be limited.

Step

Step is a high energy, low impact, choreographed aerobic class using a low-lying bench. Expect to sweat, challenge your mind and enjoy the social aspect of this class.

GROOVE

Zumba

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

CYCLE

Cycle

This indoor cycling class is sure to increase your cardiovascular strength, endurance and stamina, while burning major calories! Discover new goals as our Instructors guide you through a variety of rides: Strength, Interval, Race, Endurance, Recovery or a blend. Experience the thrill of steep hill climbs, fast-paced sprints, or long flat roads all set to the beat of invigorating music. Learn to build your mind/body connection through visualization, themes and other cycling techniques to create an exciting and individually challenging atmosphere. Pre-registration is required.

MIND|BODY

Chair Yoga

This gentle form of Yoga builds strength as you focus on breathing and poses to empower the mind, body and spirit. A chair will be incorporated into the class.

Pilates

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

Stretch

This full body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis.

Yoga

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

STRENGTH

Core

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

Strength

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

WATER

Water

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our LITE series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

Water Fusion

Step up your basic water class with Water Fusion. This aquatics class features a cardiovascular and toning workout designed to take you to the next level in water fitness.

Water Power

Water Power is an intense, calorie-burning workout in the pool. This water class will increase your heart rate for a stronger cardio workout, as well as tone and strengthen your entire body!



COMPLIMENTARY CLASSES



WEST ALLIS



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