

FIND YOUR FIT.

MARCH • APRIL 2020

MONDAY	
5:30am-6:15am Boot Camp	●
8:00am-8:55am Interval	●
8:30am-9:25am Water	■
8:30am-9:25am Yoga	◆
9:00am-9:55am Cycle	▶
9:00am-9:55am Zumba®	●
9:30am-10:25am Pilates	◆
10:10am-10:55am Strength LITE	●
10:30am-11:25am Stretch	◆
12:00pm-1:00pm BODYPUMP®	●
4:30pm-5:15pm Strength	●
5:00pm-5:55pm Yoga	◆
5:30pm-6:25pm Cycle	▶
6:30pm-7:25pm Water Power	■
6:35pm-7:30pm Interval	●
6:35pm-7:30pm Yoga	◆
7:35pm-8:30pm Zumba®	●

TUESDAY	
5:00am-5:30am Interval EXPRESS	◆
5:30am-6:15am BODYPUMP® EXPRESS	●
8:30am-9:25am Water	■
8:30am-9:25am Yoga	◆
9:00am-9:55am Zumba®	●
10:00am-10:55am Chair Yoga	◆
10:00am-10:55am Strength	●
11:00am-11:55am Yoga	◆
4:30pm-5:25pm Yoga LITE	◆
5:30pm-6:15pm Cycle	▶
5:35pm-6:30pm Hip Hop	●
6:30pm-7:30pm Yoga	◆
6:35pm-7:30pm Ringside	●
7:35pm-8:30pm Zumba®	●

WEDNESDAY	
5:30am-6:15am Cycle	▶
5:30am-6:25am Pilates	●
8:00am-8:55am Cycle	▶
8:30am-9:25am Water	■
9:00am-9:45am Cardio Mix	●
9:00am-9:55am Yoga	◆
10:00am-10:45am Strength LITE	●
11:00am-11:55am Yoga LITE	◆
5:00pm-5:55pm Strength	●
6:00pm-6:30pm Cycle EXPRESS	▶
6:00pm-7:00pm BODYPUMP®	●
6:30pm-7:25pm Water Power	■
6:40pm-7:10pm Pilates EXPRESS	◆
7:00pm-7:30pm Interval EXPRESS	●
7:15pm-7:45pm Yoga EXPRESS	◆

THURSDAY	
5:30am-6:25am Interval	●
8:00am-8:45am Stretch	●
8:30am-9:25am Water	■
9:30am-10:25am Yoga	◆
10:00am-10:45am Strength	●
10:45am-11:15am Core	◆
5:00pm-5:45pm Cycle	▶
5:30pm-6:25pm Zumba®	●
6:30pm-7:30pm Yoga	◆
7:30pm-8:25pm Ringside	●
7:35pm-8:05pm Core	◆

FRIDAY	
5:30am-6:15am Cycle	▶
5:30am-6:25am Yoga	◆
5:30am-6:00pm Interval EXPRESS	●
7:00am-7:45am Zumba®	●
8:30am-9:25am Chair Yoga	◆
8:30am-9:25am Water	■
9:00am-9:55am Cycle	▶
9:30am-10:25am Pilates	◆
10:10am-10:55am Strength LITE	●
5:30pm-6:25pm Yoga	◆

SATURDAY	
7:30am-8:25am Strength	●
8:30am-9:15am Cycle	▶
8:30am-9:25am Step	●
8:30am-9:25am Water Fusion	■
9:30am-10:25am Ringside	●
10:00am-10:55am Yoga	◆
10:30am-11:25am Zumba®	●
SUNDAY	
7:30am-8:15am Cycle	▶
9:00am-9:55am Interval	●
10:00am-10:55am Ringside	●
10:00am-10:55am Yoga	◆
11:00am-11:55am Groove	●

WAC WEST ALLIS ROOM KEY

- Studio 1
- ◆ Mind|Body Studio (Studio 2)
- ▶ Cycle Studio (Studio 3)
- Pool

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.

Hip Hop

Experience the fun way to burn fat and blast away calories! This class incorporates the latest hip hop dance moves in a high-energy, choreographed class to achieve a full body aerobic workout.

Groove

Get ready to cut loose and have fun in this cardio-dance class. Move to today's top dance and pop hits in a workout that feels like a party. Routines are easy to learn but still challenging to all fitness levels.

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**BODYPUMP®**

BODYPUMP® is a barbell training class designed to give you maximum results in the shortest amount of time. While low on complexity, this class has all the benefits of weight training. Increase your strength and metabolism with a great total-body workout.

***Pre-registration is required.**

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.

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****WWW.THEWAC.COM****1939 S. 108TH STREET • 414.321.2500**