

premium

CLASS SCHEDULE

MARCH-APRIL

4-WEEK CLASSES

TRX *The Field*

Thursdays • 5-5:30pm with *Dane*

Change the way you train! TRX (total resistance exercise) training will challenge your body like never before to improve strength, balance, flexibility, and core stability. This revolutionary small group class uses leveraged body weight exercises on the TRX straps to reach new limits in your body's strength and range of motion.

7-WEEK CLASSES

Metabolic Boot Camp

Sundays • 8:30-9:25am with *Sylvia*
Move Studio

Wednesdays • 5:20-6:15am with *Tammy*
PT Studio

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

Tai Chi *Lotus Studio*

Tuesdays • 9:50-10:35am with *Al*

Learn the discipline of Tai Chi to enhance your performance for all physical activities. Improves balance of body, mind and spirit while increasing strength, flexibility and immunity. Challenge yourself to learn something completely different--the art of relaxation and how effortless power can be available to you for all activities. All ages and abilities benefit from this wise martial arts practice.

Women on Weights

PT Studio

Tuesdays • 5:30-6:30pm with *Krystal*

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

Cardio Combat

Strike Studio with Cody from Roufusport

Tuesdays • 6-7pm
Saturdays • 9-10am

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

Kids' Yoga *Lotus Studio*

Wednesdays • 5-5:55pm with *Jim*

This class will safely introduce your child to Yoga in a fun and challenging way. We'll bark in downward dog, hiss in cobra pose and flutter our wings in butterfly while we take a Yoga journey that your child will never forget!

Adult Learn to Swim

Thursdays • 6:45-7:45pm with *Kelly*

Have you ever wanted to learn how to swim or improve your technique? This class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen.

Adult Ballet *Lotus Studio*

Fridays • 5-6pm with *Anastasia*

This class is for those 18 years and older, starting fresh, starting over, or looking to maintain in ballet. This is a great way to get in shape and stay in shape while learning the fundamentals of classical ballet.

WORKSHOPS

Three20 with *Annabelle*

Wednesday, March 1 • 5:15-6:15pm
Wednesday, March 15 • 5:15-6:15pm
Wednesday, March 29 • 5:15-6:15pm

It's three times the fun as you experience your three favorite workouts in one class. In Three20, start with 20 minutes of heart pumping Cycle, transition to feel the burn with 20 minutes of Strength, and finish by testing your balance, core and flexibility with 20 minutes of Yoga. You will leave feeling accomplished and relaxed!

Classes meet once a week for a 7-week session

Fee: \$75 member | \$110 non-member

Drop-In Fee: \$15 member | \$20 non-member

Classes meet once a week for a 4-week session

Half-Hour Fee: \$50 member | \$70 non-member

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

Registration Dates

February 20 - member registration begins

February 21 - non-member registration begins

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

**For any questions, please contact
the Group Fitness Manager, Heidi at
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