

premium

CLASS SCHEDULE

NOVEMBER - DECEMBER

7-WEEK CLASSES

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.

Metabolic Boot Camp

PT Studio

Thursdays • 5:20-6:15am with Tammy
No class Nov 24 | Make-up date Dec 22

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.

Kids' Yoga *Mind|Body Studio*

Thursdays • 5-5:55pm with Jim

No class Nov 24 | Make-up date Dec 22

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 Ballet *Mind|Body 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.

4-WEEK CLASSES

HIIT the Barre *Mind|Body Studio*

Mondays • 4:30-5pm with Valerie

Be ready to sweat and engage those muscles in this high intensity interval training (HIIT) barre class! Challenge your cardiovascular fitness using a combination of barre work, light weights, mind-body equipment and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

WORKSHOPS

Barre at the Bar*

Mind|Body Studio with Kelly

Sunday, November 20 • 9:45-10:30am

It's Barre at the bar! This workshop is the perfect opportunity to try out Barre Burner for the first time, or simply take class in a new and fun environment! Stay after to drink, relax and socialize with class participants and WAC staff in the Club Pub.

Swiftly's Birthday

Group Ex Studio with Randi & Anastasia

Tuesday, December 13 • 5-6pm

Join us for a workshop of your wildest dreams. Cycle to your favorite Taylor songs, then bust out your dance moves and shake it off in dance cardio. Show us your style: dressing up is encouraged.

Meditation Yoga

Mind|Body Studio with Jim

Sunday, December 18 • 11:30am-1pm

Meditation calms and centers the mind, relaxes the body and balances the emotional system. The goal is to be completely aware of both the body and the mind in the present moment. During this workshop, we will combine deep diaphragmatic breathing with classic warm-up yoga, work through various restorative poses to calm, relieve stress and lower blood pressure and finish with guided meditation (yoga nidra).

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

October 17 - member registration begins

October 18 - non-member registration begins

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

***Workshop Fee+:** \$25 members | \$30 non-members

For any questions,

please contact the Group

Fitness Manager, Heidi at

hlemahieu@thewac.com

