

premium

 CLASS SCHEDULE

MAR-APR

7-WEEK CLASSES

Women on Weights

5th Floor Functional Studio with CeCe M
Tuesdays • 7:30-8:30pm

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.

WORKSHOPS

Race Day Ready

Move Studio with Amanda T
Saturday, March 15 • 11am-12pm

Are you training for an endurance race this summer, whether it is a half marathon, marathon, or triathlon? Would you like to know how to best maximize your performance with proper training, nutrient timing, and massage? Find your peak performance by attending this workshop to help you get adequately prepared for race day, and properly recover so that you are ready for your next adventure!

Intermediate to Advanced Pilates

Lotus Studio with Ashley D
Saturday, April 12 • 11:30am-12:30pm

Enjoy this workshop of continuous well-aligned movement patterns. Learn to mindfully and purposefully move your body, understanding what is intentional and what is stabilizing. Explore your core engagement and how it affects your movement along with symmetry, proper alignment and a balanced gait.

REGISTER FOR PREMIUM CLASSES ON THE WAC+ APP

Member registration begins
Monday, February 17 • 12pm

Non-member registration begins
Tuesday, February 18 • 12pm

Classes meet once a week for a 7-week session.
Fee: \$80 member | \$115 non-member
Drop-In Fee: \$20 member | \$25 non-member