

premium

WAC CLASS SCHEDULE

MAR-APR

7-WEEK CLASSES

Adult Learn to Swim Exercise Pool Wednesdays • 7-8pm with Brian	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.
Ballroom Dance <i>Salsa and Swing</i> Lotus Studio Tuesdays • 7-8pm with Mike	Experience the fun and enjoyment of ballroom dancing! This class is designed for people with little or no dance experience. We will concentrate on basic steps and variations that will make you a standout on the dance floor.
Barre Sculpt Lotus Studio Wednesdays • 9:30-10:30am with Irish Thursdays • 6-7pm with Irish Saturdays • 9:30-10:30am with Irish	Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls. All levels are welcome.
Glide Fit Lap Pool Thursdays • 5:45-6:45am with Mike	Take your functional cross-training to the next level with this High Intensity Interval class. We've combined the power of plyometric training and added a dash of strength training to create this fun, yet challenging class. This class is the perfect training supplement for athletes and exercise enthusiasts. In this class, explore new functional methods of building strength, stamina, and mobility. Let's see what you're made of on the water
Power Yoga Lotus Studio Mondays • 7:00-8:00am with Susan Saturdays • 8:30-9:30am with Tami	Taught with an athletic approach, Power Yoga follows the flow of breathing through a sequence of interweaving asanas. Sequences emphasize balance and core strengthening exercises.
Race Day Ready Gym Fridays • 6-7am with Quiana	Are you training for an endurance race this summer? Would you like to know how to best maximize your performance with proper training and nutrient timing? Find your peak performance by attending this progressive class led by running enthusiasts that are certified fitness and nutrition professionals. Whether it's a 5K or a full marathon, they will help you get prepared for race day and teach you how to properly recover so you are ready for your next adventure!
Striking Fitness Gym Thursdays • 6:30-7:15pm with Mike	Learn martial arts striking techniques in a fast paced workout program that will work your body and mind. This includes a variety of footwork and stance training that will help improve your agility and flexibility, striking techniques that will help train your endurance and strength and last but not least, sparring techniques that will work your dexterity and your brain. Leave feeling fit and empowered!
Tabata in the Pool Exercise Pool Wednesdays • 5:10-5:55pm with Cindy Thursdays • 9-10:00am with Cindy	Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.
Water Boot Camp Exercise Pool Mondays • 9:15-10am with Dalliah	This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.
Women on Weights Gym Tuesdays • 8-9am with Lauree Wednesdays • 5:25-6:25am with Jen Thursdays • 9-10am with Lauree	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.
Youth Sports Conditioning The Field Wednesdays • 4:30pm with Nick	This class will help kids achieve their full athletic potential through an intricate blend of endurance, agility, exercise fundamentals and flexibility training. The key to success in athletics is hard work and participation in a broad range of activities. Speed and strength are not inherited; they are taught. Participants will learn how to execute moves with proper form, installing a solid exercise foundation they will use the rest of their lives. Kids will work hard and have a blast as we work our way through the program.

4-WEEK CLASSES

HIIT Pilates Lotus Studio Mondays • 9:35-10:05am with Ali	Improve your posture alignment and flexibility while you break a sweat in this high intensity interval training (HIIT) Pilates program! Challenge your cardiovascular fitness, core strength and balance using the Pilates method and mind-body equipment. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.
TRX Fitness Floor Tuesdays • 9-9:30am with Connie Tuesdays • 6:30-7pm with Chris Saturdays • 9-9:30am with Chris	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.

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

Classes meet once a week for a 4-week session.
Half-Hour Fee: \$55 member | \$75 non-member
Drop-In Fee: \$25 member | \$30 non-member

Workshop Fee: \$20 member | \$25 non-member
Pickleball Fee: \$25 member | \$30 non-member

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