

# workshop

WAC SCHEDULE

MAR-APR

## Gluten Free: For Me?

Move Studio with Nicole  
March 13 • 5:15-6:15pm

It's the nutrition buzz of the moment, but does that mean it's for you? This seminar will help you understand what a gluten-free diet is as well as the potential benefits and drawbacks relative to your personal needs.

## Planning Healthy Meals\*

Lotus Studio with Nicole  
March 22 • 10:30-11:30am

Are you looking for something other than corn dogs and chicken strips to make for your kids? Join a WAC Registered Dietitian for different healthy options for kids meals. Samples will be provided.

## Fuel Your Workouts

Lotus Studio with Nicole  
April 26 • 10:30-11:30am

Get an extra boost from your workouts! What you eat before and after exercise can make a big difference. Join us to learn what to eat and when to eat it for best results!

## Tabata in the Pool

Lap Pool with Mary Jane  
April 11 • 5:30-6:30pm

Tabata is one of the most effective type of high-intensity interval training to burn calories and develop muscle definition. 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 push to the next level of intensity.

## Vino & Vinyasa\*

Lotus Studio with Correen  
March 7 • 6-7pm

Wine and unwind with this workshop that combines two of the most relaxing activities: practicing yoga and sipping wine. It's a perfect way to wind down and find your calm after a long week! We will spend the first 55 minutes with a gentle vinyasa flow class and the last 30 minutes with a mindful and educational wine tasting of a few well-selected wines.

## Park Run and Stretch

Outside with Correen  
April 24 • 5-6pm

Are you looking to improve your running stamina and overall flexibility? Have you considered using Yoga principles to improve your breathing, relieve tension and help avoid running-related injuries? Let us show you how to increase range-of-motion, lengthen and strengthen muscles and joints used in running and improve your race times. Meet at the park for an Instructor-led three mile run, followed by a stretch designed specifically for runners' bodies. This workshop offers safe modifications and variations for all yogis and runners, beginners and advanced alike.

## How to Train for the Murph

Training Studio with Jason  
March 29 • 10:30-11:30am

Want to try the infamous Murph challenge? Come learn about the tasks involved in this grueling fitness challenge, and find your baseline on the main exercises involved. You'll be given a written workout plan to help you train over the next 4-6 weeks to prepare for our WAC Murph Challenge.

## Knees, Back and Shoulder

**Aqua Stretch** Pool with Mary Jane  
April 21 • 8:45-9:45am

People often feel discomfort in their knees, back and shoulders. Certain exercises and stretches can provide relief by increasing your strength and flexibility in these areas. Exercises performed in water place lower pressure on your body and allow you to achieve optimal pain relief in a safe environment. Join us in the pool for this class where we'll show you movements that can lead to excellent results.

**REGISTER FOR WORKSHOPS  
ON THE WAC+ APP**

**Member registration: Monday, February 17 • 12pm**  
**Non-member registration: Tuesday, February 18 • 12pm**

Workshop Fees:  
\$20 member | \$25 non-member  
\*\$25 member | \$30 non-member