

premium

WAC CLASS SCHEDULE

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7-WEEK CLASSES

Barre Burner Lotus Studio
Thursdays • 7:45-8:45am with Debbi K

Barre Burner is a total-body workout that incorporates different techniques utilizing the ballet barre, free weights and mat work. This workout will lengthen, stretch, tone and sculpt to give you that long and lean dancer body you have always wanted without feeling like you have two left feet!

Tread & Train Cardio Deck
Fridays • 8-9am with Mike L
Fridays • 9-10am with Mike L

This intense class will begin on the treadmill using different levels of incline and speed designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.

Women on Weights Lift Studio
Thursdays • 6-7pm with Lydia S
Mondays • 10:15-11:15am with Mary J

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.

4-WEEK CLASSES

HIIT & Lift Lift Studio with Mary J
Tuesdays • 6:45-7:15am
Thursdays • 6:45-7:15am

Improve your strength in this high intensity interval training (HIIT) and lifting program! Challenge your cardiovascular fitness using a combination of dumbbells, barbells, kettlebells, bands and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

HIIT Kettlebells Lift Studio
Tuesdays • 5:45-6:15pm with Mike B

Improve your functional movement in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using a combination of kettlebells and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

MX4 Lift Studio with Angela R
Mondays • 5:15-5:45pm
Saturdays • 8-8:30am

Discover MX4 Training for a fresh, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance, or improve overall fitness, MX4 will help you achieve more with a mix of personal trainer attention, camaraderie, and challenging progressive workouts.

WORKSHOPS

Acoustic Yoga*
Lotus Studio with Kris B
March 16 • 6-7:15pm

Come and take your yoga practice to another level with live music. Enjoy the acoustic sounds of guitar while moving to a vinyasa flow yoga class. The combination of live music and yoga is natural, beautiful and peaceful. Experience the beauty of the two together.

Human Reformer
Lotus Studio with Debbi K
March 8 • 10:15-11:15am
March 22 • 10:15-11:15am
April 5 • 10:15-11:15am
April 19 • 10:15-11:15am

Discover the benefits of Pilates reformer workouts without the reformer. By using resistance bands, we will recreate reformer exercises on the mat. Build strength, improve posture and enhance coordination.

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 members | \$25 non-members
Workshop Fee*: \$30 members | \$35 non-members

Lake Country

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www.thewac.com