

premium

WAC CLASS SCHEDULE

MAR-APR

7-WEEK CLASSES

Adult Learn to Swim

Lap Pool
Mondays • 7-8pm with Elyse H

Have you ever wanted to learn to swim? This class introduces the student to the basics of swimming in a welcoming, non-competitive environment. The class works on overcoming fear of water and includes basic skills such as floating, gliding, kicking, treading water and the basics of the freestyle stroke.

Tread & Train

Fitness Floor
Wednesdays • 9:30-10:30am
with Haley J

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.

Mindfulness & Meditation

Lotus Studio
Wednesdays • 6:05-7pm with Ryan W

Are you mindful or is your mind full? In this class you will learn advanced techniques of mindfulness and meditation, both of which have been proven scientifically to reduce stress, help deal more effectively with emotions, and increase physical and mental well-being. Quiet your mind and a changed life you will find!

Tai Chi

The Field
Thursdays • 9-10am with Eddie B

Learn the discipline of Tai Chi to enhance your performance for all physical activities. Improves balance of body, mind and spirit while increasing strength, flexibility and immunity. Challenge yourself to learn something completely different--the art of relaxation and how effortless power can be available to you for all activities. All ages and abilities benefit from this wise martial arts practice.

LIFT

The Field
Thursdays • 6:15-7:15pm with Eddie B

No burpees! No mountain climbers! No jumping jacks! No cardio, period! Each class will focus on weight training to help you lose weight, shed inches, gain muscle and improve strength. With the guidance of one of our certified Personal Trainers, you'll be ready to take on the challenge and change your body.

4-WEEK CLASSES

HIIT the Water

Exercise Pool
Tuesdays • 8:15-8:45am with Katie D

Jump in to this high intensity interval training (HIIT) water program! Challenge your cardiovascular fitness using a combination of pool toys and water resistance exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

HIIT Rowing

The Field
Wednesdays • 6-6:30pm with Sydney L

Get a full-body, low-impact workout in this high intensity interval training (HIIT) program! Challenge your cardiovascular fitness using the rowers, gym toys and bodyweight exercises. You will torch calories, burn fat and create a lean body through timed cardio intervals and circuits.

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

Workshop Fee*: \$25 member | \$30 non-member

Pickleball Drill: \$25 member | \$30 non-member