

premium

WAC CLASS SCHEDULE

MAR-APR

7-WEEK CLASSES

Adult Learn to Swim

Exercise Pool with Emma
Mondays • 5-6pm - Intermediate
Mondays • 6-7pm - Beginner

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

Barre Sculpt

Lotus Studio with Lynette
Saturdays • 9:30-10:30am

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.

Fit Club

The Field with Abigail
Tuesdays • 5-6pm

If you are looking for a high-energy workout that will push you to your limits and lead you in the direction of prime physical health, then you need to try Fit Club. Avoid plateaus and reach your maximum potential with a variety of different workout formats and challenging cardio circuits. This class is for anyone, whether you are an advanced or a novice exerciser. Come join us for this professionally-devised workout and challenge yourself to something new!

Move and Meditate

Lotus Studio with Monica
Mondays • 5:30-6:30pm

Regular meditation practice is beneficial to your mental and physical well-being. If you're curious on how to begin meditating, let our certified yoga and meditation instructor demystify the practice and introduce you to meditation techniques you can use in your daily routine. Each session begins with easy yogic movement, designed to relax the mind and body, readying it for ease and quiet. Next, you will transition into exploration of various breathing exercises and guided meditation.

Powerlifting Technique

Fitness Floor with Joey
Tuesdays • 6-7pm
Thursdays • 5-6pm

Powerlifting is a competition sport comprised of the three BIG lifts: the squat, the deadlift and the bench press. In order to become strong and lift maximal weights in these three lifts you have to train the right way. Come learn the different techniques and modalities from a certified Personal Trainer. This class will touch on proper technique, program design, accessory work, the difference between training for size and strength, and the different gear needed in order to set new personal records week in and week out in your training.

Tri-Fit Cardio 1, Ride Studio & Lap Pool

with Sean, Jamie, and Tiffany
Thursdays • 6:30-8:30pm

Whether you are aspiring to become a triathlete or just want to take your fitness up a level, Tri-Fit training can help get you there. This course will teach you how to become a stronger swimmer, more efficient biker and better runner by improving your time, stroke and endurance. This two-hour class has special pricing, please contact the programming team at your club for more information.

Women on Weights

Women's Only Studio
Tuesdays • 6-7am with Holley
Wednesdays • 6-7pm with Amy

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.

Yoga and Science for Persistent Pain

Lotus Studio with Monica
Tuesdays • 10:30-11:45am

Relieve pain and live with more ease. This class is for people of any level of mobility or experience, and uses education about pain science along with yoga techniques like gentle movement, calming breathing exercises, meditation, visualization, and lifestyle habits. Appropriate for people with back pain, arthritis, injuries that are past the acute phase, or other types of persistent pain. Participants are encouraged to listen to their own bodies and to do what feels safe to them. Variations of poses are provided. * A free 10-15 minute consultation is required prior to the start of the series.

4-WEEK CLASSES

HIIT & Lift

Multi-Purpose Room
Mondays • 12-12:30pm with Chris
Tuesdays • 9-9:30am with Chris

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.

WORKSHOPS

Candlelight Power Flow

Lotus Studio with Kristen
Thursday, March 27 • 5:30-6:45pm
Thursday, April 10 • 5:30-6:45pm

Turn up the intensity and turn down the lights for this high-energy power yoga class. Build strength and flexibility as you flow through sequences designed to increase your heart rate and push your endurance. Opportunities will be provided along the way to play with optional postures like arm balances or inversions. Find unity of breath and movement to a backdrop of ambient lighting to cultivate a sense of calm and stability even during challenging poses.

PICKLEBALL

Intro to Pickleball

Large Gym with Becky R
Mondays: March 10 & April 14 • 7:30-9pm
Fridays: March 7 & April 11 • 1-2:30pm

Turn up the intensity and turn down the lights for this high-energy power yoga class. Build strength and flexibility as you flow through sequences designed to increase your heart rate and push your endurance. Opportunities will be provided along the way to play with optional postures like arm balances or inversions. Find unity of breath and movement to a backdrop of ambient lighting to cultivate a sense of calm and stability even during challenging poses.

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