

# workshop

WAC SCHEDULE

MAR-APR

## Overcoming Obstacles

The Field with Nick  
March 11 • 5:30-6:30pm

Registered and ready to take on the most popular obstacle races this summer? These races present unique obstacles to exploit your weakness and leave you face down in the mud. If you are looking to overcome obstacles that challenge your balance, target your core strength and test your stamina, then this is the class for you! Join your fellow competitors or team for unique workouts that target specific movements and skills needed to conquer any course!

## 30 Days of Gratitude\*

Move Studio with Savion  
March 19 • 6-7pm

Make a plan to start and end the month with a candlelit, gentle heart opening yoga flow, celebrating your body and breath while cultivating a deep sense of gratitude. With time set aside for self-inquiry and journaling to clarify your intentions, this workshop is suitable for everyone. If you don't have a personal journal, one will be provided. Come join us with an open mind and leave with an open heart.

## Spring Salads & Homemade Dressings\*

Club Pub with Nicole  
March 24 • 10:30am-12pm

Welcome spring with light and healthy salads. Transform the flavor and nutritional value of any salad by making your own dressings in minutes.

## The Truth About Popular Diets

Multipurpose Room with Nicole  
March 31 • 11:30am-12:30pm

Paleo, Keto, Vegan, Whole 30? This one-hour workshop will give you the facts so you can make a wise decision about the best eating plan for your health.

## Race Day Ready

The Field with Paul and Nicole  
March 15 • 10-11am  
April 5 • 10-11am

Are you training for an endurance race this summer, whether it is a half marathon, marathon, or triathlon? Would you like to know how to best maximize your performance with proper training, nutrient timing, and massage? Find your peak performance by attending this workshop to help you get adequately prepared for race day, and properly recover so that you are ready for your next adventure!

## Knees, Back and Shoulder Stretch

Exercise Pool with Rachel  
March 19 • 10:05-11:05am  
April 8 • 7:10-8:10pm

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 workshop where we'll show you movements that can lead to excellent results.

## Restorative Yoga with Sound Healing

Lotus Studio with Jessy  
April 16 • 10:05-11:05am

Restore balance to your body with soothing poses and mindfulness. Enjoy peaceful healing with special sounds created by gongs, bowls and other instruments. This workshop will strengthen your body and help you to be more aware of the present to further your practice.

**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