

# premium

WAC CLASS SCHEDULE

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## 7-WEEK CLASSES

### Body Transformation

**Boot Camp** Training Studio  
Fridays • 5:30-6:30am with Nicole

This boot camp will help you shed those unwanted pounds and inches while taking your workouts to the next level. This class will challenge your mind and transform your body, getting you the results you want!

### Combat Parkinson's

**Disease\*** Move Studio  
Tuesdays • 11am-12pm with Mary

This movement class is designed to help people living with Parkinson's Disease combat daily challenges, such as stiffness, fatigue, poor balance, postural deficits, muscle weakness and vocal and cognitive impairments. Modeled after the Physical Therapy class, Delay the Disease, Combat Parkinson's provides a safe and fun environment for those who live with PD to use different modalities and strategies to improve their functionality and to help combat the effects of neurological issues. Join us and become a Parkinson's Warrior!

### Empower Yoga

Lotus Studio  
Tuesdays • 5-6pm with Correen  
Thursdays • 9-10am with Correen

In Empower Yoga you'll find your power by applying the Universal Principles of Alignment™ to deepen each pose, and then reach your full potential by expanding from the heart. Whether you want to refine basic poses or learn challenging inversions, arm balances, or backbends, you'll find a full range of postures in this intermediate class.

### Yoga Sculpt

Move Studio  
Thursdays • 6:30-7:30pm with Heidi

This total-body workout is designed to tone and sculpt every major muscle group. Free weights are incorporated as you move through sun salutations and other Yoga sequences, enabling extra length and depth in poses. This intense, yet easy to follow program will complement your regular Yoga practice while pushing your strength and flexibility to new levels. Yoga Sculpt is fun, effective and a perfect way to expand your practice.

### Gladiator Boot Camp

Training Studio  
Saturdays • 9:15-10:15am with Don

Tired of traditional workouts? Experience training that will test every aspect of your fitness and reveal your inner warrior. This high-intensity program incorporates muscular endurance, strength training and cardio. Whether you are experienced or just starting, utilize methodology designed to build muscle and shred fat to become a better version of yourself!

### Tabata

Training Studio  
Mondays • 6-7pm with Don  
Thursdays • 6-7pm with Don

Tabata is one of the most effective types of high-intensity interval training to burn calories and develop muscle definition. Class consists of a warm-up leading to timed sets of bodyweight exercises like sprints, push-ups and squat jumps performed in 20-second intervals of all-out intensity, followed by 10-second recovery periods, and concluding with a well-deserved cool-down. Expect to be progressively challenged as you push to the next level of intensity.

### Women on Weights

Training Studio  
Saturdays • 8-9am with Lisa

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.

### Total Strength

Training Studio  
Thursdays • 6-7am with Ashlynn

Are you looking to build muscle and burn fat? Whether you're just getting started or you're a constant gym goer, Total Strength will target all major muscle groups, making sure you get a challenging, full-body workout. In this program, you will progress through strength-building combinations and learn new ways to sculpt your body using a variety of equipment ranging from body weight to kettlebells and barbells to elastic bands.

### Glutes, Core and More

Training Studio  
Tuesdays • 6:15-7:15pm with Ashlynn

Build lower body muscle and core stability in this progressive class. Challenge yourself using a variety of gym toys and bodyweight exercises to strengthen your core and glutes while also alleviating lower back and hip pain. Shape your backside and tone your abs with exercises specifically designed to mold these muscles. You will develop stronger glutes, a firmer core and so much more!

## 4-WEEK CLASSES

### High Octane Brain Fitness\*

Move Studio  
Fridays • 1-2pm with Michelle

Join Dr. Michelle Braun, a Yale and Harvard-trained neuropsychologist and national leader in the field of cognitive health, to develop a personalized plan to boost your cognitive fitness. This engaging session combines brain games, learning experiences, and light physical movement to sharpen your memory, enhance joy, and minimize the risk of Alzheimer's with science-backed strategies. Learn effective techniques to address common brain blips, like forgetting why you walked into a room or misplacing objects, while staying active and energized!

## 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.  
Fee: \$60 member | \$80 non-member  
Drop-In Fee: \$20 member | \$25 non-member

\*Sign up for Combat for Parkinson's Disease and High Octane Brain Fitness at the Front Desk.

Greenfield

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www.thewac.com