

# premium

WAC CLASS SCHEDULE

MAR-APR

**Women on Weights** Training Studio  
Tuesdays • 5:20-6:20pm with Diana

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.

**Cardio Combat** Strike Studio  
Tuesdays • 5:30-6:30pm with Bryan

This high-intensity training class is for all fitness levels. The combination of agility, sports conditioning, boxing and kickboxing with adrenaline-pumping music will increase your fat-burning potential, increase strength, improve posture and coordination and reduce stress.

**LIFT** Training Studio  
Tuesdays • 6:30-7:30pm with Christian  
Thursdays • 6-7pm with Christian

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.

**Metabolic Boot Camp**  
Training Studio  
Wednesdays • 5:15-6:15am with Tammy

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

**Glutes, Core and More**  
Training Studio  
Thursdays • 7-8pm with Antonio

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!

**Knockout** Strike Studio  
Saturdays • 8-9am with Bryan

Unleash your inner Rocky! Want to learn how to train like a boxer? In this class you will be guided by a certified trainer through a high-intensity circuit of boxing techniques incorporating individual stations of cardio and strength. You will develop and increase fitness stamina, agility and strength. Boxing gloves required.

**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