










# WYOMING ATHLETIC CLUB GROUP FITNESS SCHEDULE













(E= east side W= west side)

OCTOBER 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 am		 (W)		 (W)		
5:15-6:15 am	Half the Battle (W)   (E)	 (E)	 (W)   (E)	 (E)	Half the Battle (W)	
6:00-7:00 am		Stability Ball (W)		Stability Ball (W)		
6:00-7:00	Group Running (E)  Yoga (W) **6:15-7:00**		Group Running (E)  Yoga (W) **6:15-7:00**		Group Running (E)	
7:00-8:15		Yoga (E)		Yoga (E)		
7:00-8:00						STEP (E) <hr/>  (W)
8:00-9:00	BLAST (W)	Power Flex-weights (W)	Yoga (W)	Power Flex-weights (W)		 (E)  Wet N Wild (E)  Winter Conditioning (W)
8:00-9:00 SUNDAY ONLY!!!						 (E)
9:00-10:00		Wet N Wild (E)		Wet N Wild (E)		Yoga (E) **9:15-10:30**
9:15-10:15	Power Cycle (E)	 (E)   (W)	Power Cycle (E)	 (E)   (W)	Kickboxing (E)  BLAST (W)	 (W) Add'l fee
9:30-10:30	 (W)		 (W)			
12:00-12:45 pm		Cardio Fitness 4 Seniors (W)		Cardio Fitness 4 Seniors (W)		
12:15-1:15	 (E)	 (E)	 (E)	 (E)		
1:00-2:30		Super Chicks &		Super Chicks &		Karate (E) (seasonal) {Additional Fee}

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		Roosters Senior fitness (W)		Roosters Senior fitness (W)		
4:30-5:30	Power Cycle (W)	 (E)	 (W)	 (E)		
5:30-6:30	 (W)	 (W)	 (W)	Power Cycle (W)		
5:30-6:30 pm	 Add'l fee (E)		 Add'l fee (E)			
5:30-6:30	Vinyasa Flow Yoga (E)	Kickboxing (E)	Yoga (E)			
6:00-7:00	Wet n Wild (E)	Wet n Wild (E)		Wet n Wild (E)		
6:30-7:30	Step (W)	 (W)	Step (W)	 (W)		
6:30-7:30 pm	 (E)	Karate (E & W) seasonal {Additional Fee} 6:30 (E) 7:30 (W)	 (E)	Karate (E & W) seasonal {Additional Fee} 6:30 (E) 7:30 (W)		

**B-L-A-ST/ Winder Conditioning** "B-L-A-S-T" into your day with a challenging, yet fun workout that is guaranteed to work your entire body. Your 1-hour class will involve several different methods of aerobic exercise for cardiovascular conditioning, challenges to improve balance & strength, along with agility and flexibility drills. (B= Bike/Box, BOSU, Balance L=Land conditioning and drills A=Agility ST=Strength). *(Medium-high intensity)*

**Cardio Fitness 4 Seniors:** This 45-60 minute class focuses on the cardiovascular needs of people looking for something low impact and easy on their joints. The instructor will lead you through a variety of low impact step choreography, as well as, a floor workout that is easy to follow, easy on the joints, and will gently raise your heart rate. *(Low intensity, low impact)*

**GROUP POWER:** This is your hour of POWER! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, GROUP POWER is for all ages and fitness levels. *(no impact)*

**GROUP RIDE:** Everyone finishes first in Group Ride@! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!

**Group Running:** Do you enjoy running but wished you had someone to run with? This running group meets in the lobby of WAC East. From there they run a variety of 3-5 mile courses. They welcome anyone from beginner to more seasoned runners. All you need to bring is your smile, running shoes and weather appropriate gear. *(Medium to high intensity)*

**Half the Battle:** Half of the battle is getting up, right? Join other early birds in an invigorating class filled with a wide variety of exercises that alternate between weights to sculpt your muscles and cardio intervals to elevate your heart rate. *Get your workout done for the day.* Great for all fitness levels, beginners, and early birds! *(Medium to high intensity)*

**Kickboxing:** Pace yourself or go the limits! This 60 minute class combines intervals of cardio and muscle conditioning drills to firm you up and slim you down along with combinations on the heavy bags, jumping rope, running and agility drills, and muscle conditioning in an easy to follow format. Can be modified to suit your level, and all levels are welcome. *(Medium to high intensity)*

**Power Cycle:** If you want to strengthen your heart, boost energy, burn fat, tone thighs, buttocks, calves and abs...then Power Cycle is for you. Power Cycle is a challenging stationary, low impact, high intensity cardiovascular workout without complicated choreography. This is a great class for those who are just starting an exercise program, or wanting to add intensity to their current cardio workouts. *(Medium to high intensity)*

**Power Flex-weights:** Do you want to build and increase endurance in your muscles? Strengthen and shape your body? Then give this class a try! You will work the total body with the use of weights, bands, resist-a-balls, spri bands and body resistance. This class is perfect for all fitness levels. *(no impact)*

**Silver Sneakers®:** This class offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. A SilverSneakers® class will include strength and conditioning designed for individuals that are "young at heart", new to exercise, or those who have not worked out in more than 6 months. Classes are easy on your joints and appropriate for individuals who regularly exercise, as well as, those who have not exercised in years. The exercises are designed to improve your strength and flexibility, and your ability to perform activities such as getting out of the car or lifting grandchildren. *(No impact, low-medium intensity)*

**Stability Ball:** Come in and try this class for something different. This 45 minute class focuses on muscular endurance, core stability, strength, flexibility, and balance while using the Fit (Swiss) Balls and BOSU. Perfect for all fitness levels. *(No impact, no choreography)*

**Step:** A dynamic cardio workout that will appeal to women and men. Beginner to intermediate choreography will be taught in this one hour class. Improve your coordination and cardiovascular system, burn fat and calories in this fun and energetic class. *(Medium impact, medium intensity)*

**Super Chicks and Roosters:** Here is a class designed with seniors and pre-natal participants in mind. It is designed to improve strength, flexibility, and balance at a slightly slower pace. *(Low intensity, low impact)*

**VINYASA YOGA (formerly Core-Power Yoga):** Accessible to beginners and advanced Yoga students, Vinyasa Yoga emphasizes breathing to connect the body and mind. This Yoga offers students more than the familiar poses and breathing techniques; it offers a way to face life with a renewed purpose. Get the benefits of muscle toning, balance, weight loss, stress reduction, increased vitality, and flexibility when you participate in this 1-hour 15 minute class. *(Low impact, Low-Medium Intensity)*

**Wet n Wild:** Enjoy working out in the pool while tailoring your workout to your specific needs in an uncomplicated low impact manner. Use the water resistance to provide a cardiovascular workout while strengthening and toning at the same time. *(Low to Medium Intensity)*

**Yoga** Give yourself some time to relax! Physical preparation used for meditation-incorporates strengthening, stretching, flexibility and balance. Participants of all fitness levels are invited to join us! *(No impact)*

**ZUMBA:** A 60 minute dance inspired fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique group fitness experience. Bancers and non-dancers alike immediately master the class because you do not need to know how to dance to succeed a ZUMBA. *(medium intensity/medium impact)* **\*\*THIS CLASS IS AN ADDITIONAL FEE.** Passes can be purchased at the front desk in advance or at the door.

**Karate:** is available through the WAC, but is not part of the regular aerobics schedule and only meets during scheduled sessions throughout the year. If you are interested in participating PLEASE contact front desk personnel and they will put you in contact with the instructors. Thank You!

**\*\*PLEASE NOTE: ALL Group Fitness Classes are subject to change or cancellation at any time. Classes with fewer than 5 participants for more than 3 weeks running may be cancelled!**

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