

## Western Athletic Club Class Descriptions

**Weekend Warrior** - Do you want the best total workout possible? Try "Weekend Warrior!" You'll never be bored - every Sunday is a totally different class that works every part of your body and is for EVERYONE - men and women, advanced enthusiasts and novices.

**Morning Boost** – A great way to start your day! It's 45 minutes that's all about you! Even though it's in a group setting, you decide what weights to use and together we move through weighted and sometimes body weight only exercises. We work on our own strength and flexibility while sculpting our muscles and burning calories in a fun, music filled atmosphere.

**Pilates** – Controlled movements that engage your body and mind. Builds core strength and flexibility.

**Just Weights** – Get your heart rate up with a total body workout using your own body weight, the bar, and hand weights. Little to no cardio class will still get your heart pumping.

**Body & Balance** – A low impact format with a combination of balance exercises and body toning moves, keeps the body in motion.

**Spinning-various times and instructors** -Spinning is an aerobic exercise that takes place on a specially-designed stationary bicycle called a SPINNING bike. SPINNING burns serious calories and offers an awesome workout that makes your heart pump fast.

**Spinning Express** - The on-the-go 30 minute version of our traditional 45 minute class. Get in, Spin and be on your way!

**Yoga Fit** - Yoga Fit is designed to improve the health, performance and mental acuity of individuals interested in improving their level of fitness. Based on the ancient fitness science of Hatha yoga, it blends balance, strength, flexibility and power in a fitness format. All fitness levels benefit from this class.

**Hatha Yoga** - Enjoy the harmonizing benefits of a full body stretch through this practice of stretching and strengthening, breath work, relaxation and meditation.

**Tabata** – A high intensity interval training that consists of 8 sets of fast paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

**Greatest HIITS** – High Intensity Interval Training using equipment from the weight room for a full body workout using core, cardio and strength. (This class takes place on Court 1)

**TRX**– Suspension training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. It requires the use of TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the users body weight to complete hundreds of exercises.

**Strength Training Express** – 30 minute workout using a variety of equipment: free weights, bands and stability balls. Perfect for building strength and improving muscle tone of the entire body.

**Strengthen & Sculpt** – A class designed to help burn off excess fat while promoting muscle strength and endurance. We will use our own body weight, dumbbells, and kettlebells to meet our goals.

**Total Body Workout** – This is a high energy class that focuses on strength training, core work and cardio fitness using various equipment as well as your own body weight. This class is meant for everyone, no matter your fitness level.

**Vinyasa Yoga** – A flowing form of yoga designed to increase strength, balance, endurance and flexibility. Vinyasa yoga offers a cardio workout while linking breath to movement. Modifications are offered for all fitness levels.

**Myofascial Release Therapy** – A form of massage and physical therapy using techniques that apply pressure to trigger points to reduce muscle soreness, tension and stiffness as well as increase range of motion and improve blood circulation. Learn the techniques to help you manage pain from physical activity, injuries, disabilities and more during an hour of bliss.

### **Instructors:**

Kathie Klodell  
Jayne Snelling  
Brandon Vogel

Liz Keith  
Sherry Goodson  
Debbie Krug

Mary Shorten  
Rosie Scott  
Shannon Wedig

Joanne Hackett  
Catherine Autenrieb  
Maureen Finn

Lisa Weadick  
Emily Clayton  
Lynn Smyth