

# WINTER Athletic Schedule

JANUARY 2–MARCH 31, 2018



Fitness classes: 206.839.4781 | Aquatics: 206.464.3086 | [wac.net/fitness](http://wac.net/fitness)

M	T	W	T	F	S	S
<b>NEW</b> YOGA LIFT B 5:30–6:25 am	CORE CYCLE C 5:45–6:45 am	<b>NEW</b> YOGA LIFT B 5:30–6:25 am	CORE CYCLE C 5:45–6:45 am	<b>NEW</b> YOGA LIFT B 5:30–6:25 am	MAX CYCLE C 7:30–8:30 am	BAM CYCLE C 7:30–8:30 am
TOTAL BODY C 6–7 am	XCELERATE A \$ 6–6:45 am	TOTAL BODY C 6–7 am	XCELERATE A \$ 6–6:45 am	KETTLE BLAST A 6–7 am	XCELERATE A \$ 8:30–9:15 am	RIP-TRX-45 C 8:45–10 am
YOGA SHALA B 6:30–7:45 am	SCULPT CIRCUIT B 6–7 am	YOGA SHALA B 6:30–7:45 am	STEP MIX B 6–7 am	TRX C 6–7 am	RESTORATIVE YOGA B 8:15–9:25 am	HATHA YOGA C 10:15–11:30 am
XCELERATE A \$ 7–7:45 am	POWER BARRE B 7–8 am	XCELERATE A \$ 7–7:45 am	BARRE B 7–8 am	YOGA SHALA B 6:30–7:45 am	STEP-MIX C 8:45–10 am	PILATES MAT B 12–12:50 pm
PILATES MAT C 7–8 am	GET FIT YOGA B 7–8 am	PILATES MAT C 7–8 am	GET FIT YOGA B 7–8 am	PILATES FLO C 7–8 am	TRX CORE C 10–10:30 am	POWER BARRE B 1–2 pm
RESTORATIVE YOGA B 8:30–9:30 am	MAX CYCLE C 7–8:15 am	VINYASA YOGA B 8–9 am	MAX CYCLE C 7–8:15 am	<b>NEW</b> BAM CYCLE C 8–9 am	VINYASA YOGA C 10:30–11:45 am	
YOGA SHALA C 9–10:30 am	YOGA MOVES B 8:30–9:45 am	YOGA SHALA C 9–10:30 am	YOGA MOVES B 8:30–9:45 am	VINYASA YOGA C 9–10:00 am	BARRE B 12–1 pm	
GET FIT TRX B 10–10:45 am	BLITZ C 9:30–10 am C 10–10:30 am	GET FIT TOTAL BODY B 10–10:45 am	BLITZ C 9:30–10 am C 10–10:30 am	YOGA SHALA B 9–10:30 am	DANCE CARDIO C 12–1 pm	
CY-TRX C 10:45–11:45 am	GET FIT TOTAL BODY B 10–10:45 am	CY-TRX C 10:45–11:45 am	GET FIT BARRE B 10–10:45 am	GET FIT TOTAL BODY B 10–10:45 am	BLITZ C 1–1:30 pm C 1:30–2 pm	
XCELERATE A \$ 12–12:45 pm	<b>NEW</b> RIP-TRX-45 C 10:45–11:45 am	<b>NEW</b> DANCE CARDIO B 11–11:55 am	<b>NEW</b> CORE CYCLE C 10:45–11:45 am	BLITZ C 10:30–11:00 am	BEAT BOX C 3:30–4:30 pm	
CORE CYCLE C 12–1 pm	POWER BARRE B 11–11:55 am	XCELERATE A \$ 12–12:45 pm	POWER BARRE B 11–11:55 am	TRX-CORE B 11–11:45 am		
PILATES FLO B 12:10–1 pm	HATHA YOGA B 12–1 pm	CORE CYCLE C 12–1 pm	HATHA YOGA B 12–1 pm	DANCE CARDIO C 11 am–12 pm		
<b>NEW</b> POWER BARRE B 1–2 pm	<b>NEW</b> MAX CYCLE C 12–1 pm	PILATES MAT B 12:10–1 pm	BEAT BOX C 12–1 pm	MAX CYCLE C 12–1 pm		
BOOT CAMP C 1:30–2:30 pm	BEAT BOX C 1:15–2:15 pm	<b>NEW</b> POWER BARRE B 1–2 pm	RIP-TRX-45 C 1:15–2:15 pm	PILATES MAT B 12:10–1 pm		
<b>NEW</b> YOGA LIFT B 4–5 pm	<b>NEW</b> PILATES MAT B 5:10–6 pm	BOOT CAMP C 1:30–2:30 pm	PILATES MAT B 5:10–6 pm	BOOT CAMP C 1:30–2:30 pm		
BLITZ C 5–5:30 pm	MAX CYCLE C 5:30–6:30 pm	<b>NEW</b> YOGA LIFT B 4–5 pm	KETTLE BLAST A 5:15–6 pm	HATHA YOGA B 4–5 pm		
KETTLE BLAST A 5:15–6 pm	XCELERATE A \$ 6–6:45 pm	BLITZ C 5–5:30 pm	MAX CYCLE C 5:30–6:30 pm	BLITZ C 5–5:30 pm		
STEP MIX B 5:30–6:30 pm	POWER BARRE B 6:30–7:30 pm	POWER YOGA B 5:30–6:30 pm	GROOVE CYCLE C 6:30–7:30 pm	<b>NEW</b> BLITZ C 5:30–6 pm		
DANCE CARDIO C 5:30–6:30 pm	GROOVE CYCLE C 6:30–7:30 pm	DANCE CARDIO C 5:30–6:30 pm	VINYASA YOGA B 6–7 pm			
POWER YOGA B 6:30–7:30 pm		XCELERATE A \$ 6–6:45 pm	POWER BARRE B 7–8 pm			
CY-TRX C 6:30–7:30 pm		TOTAL BODY C 6:30–7:30 pm				
TOTAL BODY C 7:30–8:30 pm						

Schedule subject to change.  
Please see [wac.net/schedules](http://wac.net/schedules)

SHADED CLASSES  
BEGIN BETWEEN  
10:15 am AND 1:30 pm

- A FTR-A is located on the 8th Floor
- B FTR-B is located on the 8th Floor
- C Studio C is located on the 4th Floor
- B Studio B is located on the 4th Floor
- \$ Specialized Training (*Preregistration & Extra Fee Applies*) [fitness@wac.net](mailto:fitness@wac.net)

# 8TH FLOOR GYM 206.464.3074



M	T	W	T	F	S	S
<b>FAMILY GYM</b> 5-11 am  <b>ADULTS</b> 11 am-1 pm  <b>FAMILY GYM</b> 1-5 pm  <b>BASKETBALL LEAGUE</b> 5-10 pm	<b>ADULTS</b> 5-7:30 am  <b>MASTERS BASKETBALL</b> 7:30-8:30 am  <b>FAMILY GYM</b> 8:30-11 am  <b>ADULTS</b> 11 am-1 pm  <b>FAMILY GYM</b> 1-5 pm  <b>BASKETBALL LEAGUE</b> 5-10 pm	<b>FAMILY GYM</b> 5-11 am  <b>ADULTS</b> 11 am-12:30 pm <b>PICKLEBALL</b> 12:30-1:30 pm <b>FAMILY GYM</b> 1:30-5 pm  <b>BASKETBALL LEAGUE</b> 5-10 pm	<b>ADULTS</b> 5-7:30 am  <b>FAMILY GYM</b> 7:30-11 am  <b>ADULTS</b> 11 am-1 pm  <b>FAMILY GYM</b> 1-5 pm  <b>BASKETBALL LEAGUE</b> 5-10 pm	<b>FAMILY GYM</b> 5-7:30 am  <b>MASTERS BASKETBALL</b> 7-8:30 am  <b>FAMILY GYM</b> 8:30-11 am  <b>ADULTS</b> 11 am-1 pm  <b>FAMILY GYM</b> 1-3:30 pm  <b>ADULTS</b> 3:30-5 pm <b>FAMILY GYM</b> 5-6 pm <b>VOLLEYBALL</b> 6-8 pm <b>FAMILY GYM</b> 8-10 pm	<b>OPENS AT 7 am</b> <b>ADULT BASKETBALL</b> 7-9 am  <b>WATTS BASKETBALL</b> 9 am-12 pm  <b>FAMILY GYM</b> 12-7:30 pm  <b>CLOSES AT 7:30 pm</b>	<b>OPENS AT 8 am</b> <b>BASKETBALL PRACTICE</b> 8-10 am  <b>WOMEN'S BASKETBALL</b> 10-11 am <b>FAMILY GYM</b> 11 am-12 pm  <b>FAMILY GYM</b> 12-5 pm  <b>BASKETBALL LEAGUE</b> 5-6:30 pm  <b>CLOSES AT 6:30 pm</b>

## ADULT IS CONSIDERED 18 AND UP

### FITNESS ADVANTAGE

Three levels of Fitness Advantage:

**Basic:** Full access to Coed and Men's or Women's fitness areas and all regularly scheduled Group Classes or Get Fit classes;

**Plus:** All Fitness Advantage privileges plus locker rental and unlimited laundry;

**Premium:** All Plus privileges and unlimited Xcelerate sessions

Contact Men's or Women's fitness for details, pricing, and to sign up. Men's Fitness: 206.464.3091; Women's Fitness: 206.464.3080.

### GYM RENTALS

For availability, cost and party package information, call the Athletics office at 206.464.3074.

### GUEST ACCESS

- Members may sponsor the same guest no more than three times within a six-month period.

### JUNIORS ACCESS (AGE 17 AND UNDER)

- Juniors age 12 and under must be accompanied in the Club by an adult member at all times.
- Juniors age 8 and under must be accompanied by an adult in the pool at all times.
- Junior locker rooms are located on the 8th floor.
- Juniors may access the gym and pool during the family hours as designated on this schedule.
- Juniors must get prior approval to bring more than three guests to the Club.
- Junior guest fee is \$7/guest/day.
- Juniors may not bring guests to fitness areas.
- Ages 9 and under require special permission in advance from Senior VP Athletics, Special Projects & Community Partners to work out and then must be accompanied by an adult at all times.

- Ages 10-12 must be accompanied by an adult at all times. Ages 13-15 may be unsupervised if orientation with trainer has been completed.

NOTE: All fees apply. Juniors access hours to Men's & Women's fitness: Weekdays 2-4:30 pm, 7-10 pm; all day on weekends. Coed Fitness: All day

### CLASS INFO/REGISTRATION

- Aquatics/Swim Lessons/Junior Programs: 206.464.3073
- Athletic Programs/Court Sports/WAC Golf Club: 206.464.3074
- Court Reservations: 206.464.3095
- Personal Training: 206.839.4783
- Pilates: 206.838.4781
- Group Classes: 206.464.3098

**PLEASE NOTE:** Group Fitness classes aim to meet the diverse needs of our membership. Classes must generally average at least six participants to remain on the schedule. Classes during peak hours usually require higher attendance. Please help us maintain accurate attendance data by signing in.

# CLASS DESCRIPTIONS

## WINTER ATHLETIC SCHEDULE

FOR MORE INFORMATION: 206.464.3098



Group and Get Fit Classes are free to Fitness Advantage holders. Juniors may attend these classes with instructor permission—all fees apply.

### GROUP CLASSES

**AQUA BOOT CAMP** High-intensity, low- to no-impact workout for athletes and non-athletes alike who want a tough water without aggravating knees, hips and other injury-prone joints.

**BAM CYCLE** Power cycle and strength exercise intervals. Maximize your time and workout.

**BARRE** A lively fusion of ballet conditioning, Pilates and yoga.

**BLITZ** Short on time but big on results. These high-efficiency workouts will keep your routine fresh and on target. Instructors will focus 25 minutes on one of our many formats (e.g., strength, plyo, cardio, core, suspension). Try one or stack two classes together.

**BOOT CAMP** Intermediate/advanced strength and conditioning.

**BEAT BOX** Train like the pros without the black eye. Class includes work with heavy bags and focus mitts as well as light sparring and jump rope exercise. Gloves available or bring your own.

**CARDIO EXPRESS** A 30-minute shallow-water workout designed to get you moving with low impact to joints. Great for cross-training. No swimming experience required.

**CORE CYCLE** A 45-minute cycle class to get your heart pumping and calories burned, followed by a core workout.

**CY-TRX** Back-to-back intervals of cycling and TRX.

**DANCE CARDIO** A remix of club hits, hip-hop, Latin, and funk to challenge your cardio endurance.

**DEEP WATER AEROBICS** Using fitness disciplines, this class offers a safe and challenging water-based workout that includes cardio conditioning, body toning, and exhilaration in deep water.

**GROOVE CYCLE** Music-driven calorie burn!

**KETTLE BLAST** Use kettlebells and body-weight exercises to build strength, boost your cardio, and fire up your metabolism.

**MAX CYCLE** A 60-minute cycle class that incorporates measuring RPs and wattage to build endurance and burn calories.

**PILATES MAT** Strengthen your abdominals, gluteals, and lower back muscles as you lengthen and improve alignment, coordination and balance.

**PILATES FLO** Pilates-inspired movements designed to build core strength and increase flexibility.

**POWER BARRE** Raise your barre intensity. Focused body-sculpting exercises incorporating conditioning, weights, fit-balls, and resistance bands.

**RIP-TRX-45** Challenge your strength, core stability, and balance from all angles with TRX, RIP Trainer and free-weights.

**SCULPT CIRCUIT** A highly efficient workout utilizing a variety of fitness tools in a circuit-style format to elevate the heart rate and burn more calories.

**STEP MIX** An energetic nonstop step aerobics and muscular endurance class. Increase stamina with step and resistance training with a full combination of body movement.

**TOTAL BODY** A music-driven, fast-paced strength and cardio workout.

**TRX** Suspension training system uses body-weight and manipulates gravity to improve muscular strength and endurance.

**TRX CORE** Core strength and abdominal work on TRX suspension trainer.

**ZUMBA** The joy of movement inspired by Latin rhythms, hip hop, and funk.

### YOGA

**HATHA YOGA** Improve your strength, flexibility and balance.

**POWER YOGA** A more vigorous movement-based yoga class.

**RESTORATIVE YOGA** Supplement your regular yoga practice with this gentler and slower-paced style of yoga. Props assist with therapeutic poses.

**VINYASA YOGA** Fluid transitions between poses, linking body, breath and alignment.

**YOGA LIFT** Incorporate weights and movement into classic yoga postures. Extra cardio, core, and TRX elements work together to give your system a lift.

**YOGA MOVES** Integrative sequencing to maintain stabilization, coordination, and a healthy range of motion.

**YOGA SHALA** Longer-held poses designed to strengthen, lengthen and align the body.

### GET FIT CLASSES

Get Fit classes are designed for adults seeking a more gentle or entry-level workout.

**GET FIT BARRE** Tone and extend your body.

**GET FIT TOTAL BODY** Stretch and strengthen your body.

**GET FIT TRX** Join us for a great workout designed to strengthen the postural muscles.

**GET FIT WATER AEROBICS** A low-impact, fun and invigorating workout. Get in shape using the water's weight-bearing quality.

**GET FIT YOGA** A gentle yoga class with emphasis on lengthening muscles, breathing, and relaxation.

### XCELERATE

Advanced strength, agility and conditioning. Drills are timed and recorded. Instructor approval required.

Workouts are held in Functional Training Room A (FTR-A) on the 8th Floor. Limit of 10 people per class. \$14 with Fitness Advantage. Free with Fitness Advantage Premium.

To register, please contact 206.839.4781 or [xcelerate@wac.net](mailto:xcelerate@wac.net).

# 6TH FLOOR POOL 206.464.3086



M	T	W	T	F	S	S
LAP SWIM 5-10:30 am	LAP SWIM 5-6 am	LAP SWIM 5-10:30 am	LAP SWIM 5-6 am	LAP SWIM 5-10 am	LAP SWIM 6-8:30 am	LAP SWIM 7-10 am
CARDIO EXPRESS & LAP SWIM 10:30-11 am	TRI/CYCLE SWIM 6-7 am	LAP SWIM 5-10:30 am	TRI/CYCLE SWIM 6-7 am	LAP SWIM 5-10 am	SWIM LESSONS 8:30 am-12 pm	LAP SWIM 7-10 am
DEEP WATER AEROBICS 11-11:45 am	LAP SWIM 7-10:30 am	JOINTS IN MOTION & LAP SWIM 10:30-11 am	LAP SWIM 7-10:30 am	DEEP WATER AEROBICS 10-10:45 am		FAMILY SWIM & LAP SWIM 10 am-12 pm
LAP SWIM 11:45 am-1:30 pm	PRESCHOOL SWIM & LAP SWIM 10:30-11 am	GET FIT WATER AEROBICS 11-11:45 am	PRESCHOOL SWIM & LAP SWIM 10:30-11 am	AQUA BOOT CAMP 10:45-11:45 am		
LESSONS & LAP SWIM 1:30-2:30 pm	GET FIT WATER AEROBICS 11-11:45 am	LAP SWIM 11:45 am-1:30 pm	GET FIT WATER AEROBICS 11-11:45 am	LAP SWIM 11:45 am-2 pm	LAP SWIM 12-1:30 pm	LAP SWIM 12-1:30 pm
FAMILY SWIM & LAP SWIM 2:30-4:30 pm	LAP SWIM 11:45 am-2 pm	AQUA BOOT CAMP 1:30-2:30 pm	LAP SWIM 11:45 am-2 pm	FAMILY SWIM & LAP SWIM 2-5 pm		
WAC JUNIORS SWIM TEAM 4:30-5:30 pm	FAMILY SWIM & LAP SWIM 2-4:30 pm	LESSONS FAMILY SWIM & LAP SWIM 2:30-4:30 pm	FAMILY SWIM & LAP SWIM 2-4:30 pm		FAMILY SWIM & LAP SWIM 1:30-7:30 pm	FAMILY SWIM & LAP SWIM 1:30-6:30 pm
LAP SWIM 5:30-6:30 pm	WAC JUNIORS SWIM TEAM 4:30-5:30 pm	WAC JUNIORS SWIM TEAM 4:30-5:30 pm	WAC JUNIORS SWIM TEAM 4:30-5:30 pm	LAP SWIM 5-6:30 pm		
MASTERS SWIM TEAM 6:30-7:30 pm	LAP SWIM 5:30-6:30 pm	LAP SWIM 5:30-6:30 pm	LAP SWIM 5:30-6:30 pm			POOL RENTALS 6:30-7:30 pm
FAMILY SWIM & LAP SWIM 7:30-9:30 pm	MASTERS SWIM TEAM 6:30-7:30 pm	MASTERS SWIM TEAM 6:30-7:30 pm	MASTERS SWIM TEAM 6:30-7:30 pm	FAMILY SWIM & LAP SWIM 6:30-9:30 pm	POOL RENTALS 7:30-8:30 pm	
	LAP SWIM 7-10:30 am	FAMILY SWIM & LAP SWIM 7:30-9:30 pm	FAMILY SWIM & LAP SWIM 7:30-9:30 pm			

Schedule subject to change due to classes and other special programs. Changes and closures will be posted at the pool.

- NO LAP SWIM LANES AVAILABLE
- LAP SWIM LANES AVAILABLE (ADULTS ONLY)
- ONLY ONE LAP SWIM LANE AVAILABLE
- ↻ DROP-IN GROUP FITNESS CLASSES AVAILABLE