

# WINTER Athletic Schedule

## JANUARY 2-MARCH 31, 2019



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

M	T	W	T	F	S	S
<b>YOGA LIFT</b> B 5:30-6:30 am	<b>CORE CYCLE</b> C 5:45-6:45 am	<b>TOTAL BODY</b> C 6-7 am	<b>CORE CYCLE</b> C 5:45-6:45 am	<b>YOGA LIFT</b> B 5:30-6:30 am	<b>MAX CYCLE</b> C 7:30-8:30 am	<b>CORE CYCLE</b> C 7:30-8:30 am
<b>TOTAL BODY</b> C 6-7 am	<b>XCELERATE</b> A \$ 6-6:45 am	<b>VINYASA YOGA</b> B 6:30-7:45 am	<b>XCELERATE</b> A \$ 6-6:45 am	<b>KETTLE BLAST</b> A 6-7 am	<b>XCELERATE</b> A \$ 8:30-9:15 am	<b>RIP-TRX-45</b> C 8:45-10 am
<b>VINYASA YOGA</b> B 6:30-7:45 am	<b>NEW REPLAY</b> B 6-7 am	<b>XCELERATE</b> A \$ 7-7:45 am	<b>STEP MIX</b> B 6-7 am	<b>NEW REPLAY</b> C 6-7 am	<b>RESTORATIVE YOGA</b> B 8:15-9:25 am	<b>HATHA YOGA</b> C 10:15-11:30 am
<b>XCELERATE</b> A \$ 7-7:45 am	<b>POWER BARRE</b> B 7-8 am	<b>PILATES MAT</b> C 7-8 am	<b>BARRE</b> B 7-8 am	<b>VINYASA YOGA</b> B 6:30-7:45 am	<b>STEP-MIX</b> C 8:45-10 am	<b>MAX CYCLE</b> C 12-1 pm
<b>NEW PILATES FLO</b> C 7-8 am	<b>GET FIT YOGA</b> A 7-8 am	<b>VINYASA YOGA</b> B 8:30-9:30 am	<b>GET FIT YOGA</b> A 7-8 am	<b>NEW PILATES MAT</b> C 7-8 am	<b>TRX CORE</b> C 10-10:30 am	<b>NEW PILATES FLO</b> B 12-1 pm
<b>RESTORATIVE YOGA</b> B 8:30-9:30 am	<b>MAX CYCLE</b> C 7-8:15 am	<b>YOGA SHALA</b> C 9-10:30 am	<b>MAX CYCLE</b> C 7-8:15 am	<b>GET FIT CYCLE</b> C 8-8:45 am	<b>VINYASA YOGA</b> C 10:30-11:45 am	<b>POWER BARRE</b> B 1-2 pm
<b>YOGA SHALA</b> C 9-10:30 am	<b>YOGA MOVES</b> B 8:30-9:45 am	<b>GET FIT TOTAL BODY</b> B 10-10:45 am	<b>YOGA MOVES</b> B 8:30-9:45 am	<b>VINYASA YOGA</b> C 9-10:00 am	<b>POWER BARRE</b> B 12-1 pm	<b>BEAT BOX</b> C 3:30-4:30 pm
<b>GET FIT TRX</b> B 10-10:45 am	<b>BLITZ</b> C 9:30-10 am C 10-10:30 am	<b>TRX CYCLE</b> C 10:45-11:45 am	<b>BLITZ</b> C 9:30-10 am C 10-10:30 am	<b>YOGA SHALA</b> B 9-10:30 am	<b>DANCE CARDIO</b> C 12-1 pm	
<b>TRX CYCLE</b> C 10:45-11:45 am	<b>GET FIT TOTAL BODY</b> B 10-10:45 am	<b>DANCE CARDIO</b> B 11-11:55 am	<b>GET FIT BARRE</b> B 10-10:45 am	<b>GET FIT TOTAL BODY</b> B 10-10:45 am	<b>BLITZ</b> C 1-1:30 pm C 1:30-2 pm	
<b>XCELERATE</b> A \$ 12-12:45 pm	<b>RIP-TRX-45</b> C 10:45-11:45 am	<b>XCELERATE</b> A \$ 12-12:45 pm	<b>CORE CYCLE</b> C 10:45-11:45 am	<b>BLITZ</b> C 10:30-11:00 am	<b>BEAT BOX</b> C 3:30-4:30 pm	
<b>CORE CYCLE</b> C 12-1 pm	<b>POWER BARRE</b> B 11-11:55 am	<b>CORE CYCLE</b> C 12-1 pm	<b>POWER BARRE</b> B 11-11:55 am	<b>TRX-CORE</b> B 11-11:45 am		
<b>NEW PILATES MAT</b> B 12-1 pm	<b>HATHA YOGA</b> B 12-1 pm	<b>PILATES MAT</b> B 12-1 pm	<b>POWER YOGA</b> B 12-1 pm	<b>DANCE CARDIO</b> C 11 am-12 pm		
<b>NEW POWER YOGA</b> B 1-2 pm	<b>MAX CYCLE</b> C 12-1 pm	<b>BOOT CAMP</b> C 1:30-2:30 pm	<b>BEAT BOX</b> C 12-1 pm	<b>MAX CYCLE</b> C 12-1 pm		
<b>NEW SPIKE</b> C 1:30-2:30 pm	<b>BEAT BOX</b> C 1:15-2:15 pm	<b>VINYASA YOGA</b> B 4-5 pm	<b>RIP-TRX-45</b> C 1:15-2:15 pm	<b>PILATES MAT</b> B 12-1 pm		
<b>BLITZ</b> C 5-5:30 pm	<b>PILATES MAT</b> B 5-6 pm	<b>BLITZ</b> C 5-5:30 pm	<b>PILATES MAT</b> B 5-6 pm	<b>BOOT CAMP</b> C 1:30-2:30 pm		
<b>KETTLE BLAST</b> A 5:10-6 pm	<b>MAX CYCLE</b> C 5:30-6:30 pm	<b>POWER YOGA</b> B 5:30-6:30 pm	<b>KETTLE BLAST</b> A 5:10-6 pm	<b>BLITZ</b> C 5-5:30 pm		
<b>STEP MIX</b> B 5:30-6:30 pm	<b>VINYASA YOGA</b> B 6-7 pm	<b>BOLLYX DANCE</b> C 5:30-6:30 pm	<b>MAX CYCLE</b> C 5:30-6:30 pm	<b>BLITZ</b> C 5:30-6 pm		
<b>NEW ZUMBA</b> C 5:30-6:30 pm	<b>NITE RIDER</b> C 6:30-7:30 pm	<b>TOTAL BODY</b> C 6:30-7:30 pm	<b>NITE RIDER</b> C 6:30-7:30 pm	<b>BLITZ</b> C 5:30-6 pm		
<b>POWER YOGA</b> B 6:30-7:30 pm	<b>BARRE</b> B 7-8 pm		<b>VINYASA YOGA</b> B 6-7 pm			
<b>TOTAL BODY</b> C 6:30-7:30 pm			<b>POWER BARRE</b> B 7-8 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
FAMILY GYM 5-11 am	ADULTS 5-7:30 am	FAMILY GYM 5-11 am	ADULTS 5-7:30 am	FAMILY GYM 5-7:30 am	OPENS AT 7 am	OPENS AT 8 am
	MASTERS BASKETBALL 7:30-8:30 am		FAMILY GYM 7:30-11 am	MASTERS BASKETBALL 7:30-8:30 am	ADULT BASKETBALL 7-9 am	BASKETBALL PRACTICE 8-10 am
	FAMILY GYM 8:30-11 am			FAMILY GYM 8:30-11 am		WOMEN'S BASKETBALL 10-11 am
ADULTS 11 am-1 pm	ADULTS 11 am-1 pm	ADULTS 11 am-12:30 pm	ADULTS 11 am-1 pm	ADULTS 11 am-1 pm	WATTS BASKETBALL 9 am-12 pm	
FAMILY GYM 1-5 pm	FAMILY GYM 1-5 pm	PICKLEBALL 12:30-1:30 pm	FAMILY GYM 1-5 pm	FAMILY GYM 1-3:30 pm		FAMILY GYM 11 am-5 pm
		FAMILY GYM 1:30-5 pm		ADULTS 3:30-5 pm	FAMILY GYM 12-7:30 pm	
BASKETBALL LEAGUE 5-10 pm	BASKETBALL LEAGUE 5-10 pm	BASKETBALL LEAGUE 5-10 pm	BASKETBALL LEAGUE 5-10 pm	FAMILY GYM 5-6 pm		BASKETBALL PRACTICE 5-6:30 pm
				VOLLEYBALL 6-8 pm	CLOSES AT 7:30 pm	CLOSES AT 6:30 pm
				FAMILY GYM 8-10 pm		

**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.

**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 intervals.

**BEAT BOX** 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.

**TRX CYCLE** 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.

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

**MAX CYCLE** An all-out endurance ride. Experience our newest cycle technology and fitness programming.

**NITE RIDER** Music-driven calorie burn!

**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.

**REPLAY** A highly efficient workout utilizing a variety of fitness tools (including TRX suspension) in a circuit-style format.

**SPIKE** For our fitness elites! Bootcamp, stair climb and energy boost.

**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 with mindful connection.

**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 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.

**GET FIT CYCLE** Start with a proper bike fit and learn to ride for cardio endurance.

### 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 6-8:25 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-3 pm	TECHNIQUE TUESDAY 10:30-11 am	GET FIT WATER AEROBICS 11-11:45 am	MASTERS EXPRESS 10:30-11 am	AQUA BOOT CAMP 10:45-11:45 am		LAP SWIM 12-1:30 pm
ADULT BEGINNER 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
PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 3-4:30 pm	LAP SWIM 11:45 am-3 pm	AQUA BOOT CAMP 1:30-2:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 3-4:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 2-5 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-7:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-6:30 pm
WAC JUNIORS SWIM TEAM 4:30-5:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 3-4:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 2:30-4:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 3-4:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 2-5 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-7:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-6:30 pm
LAP SWIM 5:30-6:30 pm	JR. PRE-COMP AND 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	LAP SWIM 5-6:30 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	POOL RENTALS 6:30-7:30 pm
	FAMILY SWIM & LAP SWIM 7:30-9:30 pm	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