



WINTER

Athletic Schedule

JANUARY 1-MARCH 31, 2020

Fitness Classes: 206.839.4781

Aquatics: 206.464.3086

wac.net/fitness

M T W T F S S

	CORE CYCLE C 5:45-6:45 am		CORE CYCLE C 5:45-6:45 am			
NEW SCORE B 5:30-6 am	XCELERATE A \$ 6-6:45 am		XCELERATE A \$ 6-6:45 am	KETTLE BLAST A 6-7 am		
TOTAL BODY C 6-7 am	REPLAY B 6-7 am	TOTAL BODY C 6-7 am	STEP MIX B 6-7 am	REPLAY C 6-7 am		
VINYASA YOGA B 6:30-7:45 am	POWER BARRE A 7-8 am	VINYASA YOGA B 6:30-7:45 am	POWER BARRE A 7-8 am	VINYASA YOGA B 6:30-7:45 am	MAX CYCLE C 7:30-8:30 am	
XCELERATE A \$ 7-7:45 am	GET FIT YOGA B 7-8 am	XCELERATE A \$ 7-7:45 am	GET FIT YOGA B 7-8 am	NEW PILATES MAT C 7-8 am	XCELERATE A \$ 8:30-9:15 am	
PILATES FLO C 7-8 am	MAX CYCLE C 7-8:15 am	NEW PILATES MAT C 7-8 am	MAX CYCLE C 7-8:15 am	GET FIT CYCLE C 8-8:45 am	RESTORATIVE YOGA B 8:15-9:25 am	
RESTORATIVE YOGA B 8:30-9:30 am	YIN YOGA B 8:30-9:45 am	VINYASA YOGA B 8:30-9:30 am	YOGA MOVES B 8:30-9:45 am	VINYASA YOGA B 9-10:00 am	STEP MIX C 8:45-10 am	
YOGA SHALA C 9-10:30 am	BLITZ C 9:30-10 am C 10-10:30 am	YOGA SHALA C 9-10:30 am	BLITZ C 9:30-10 am C 10-10:30 am	YOGA SHALA C 9:00-10:30 am	FAMILY JUDO B \$ 9:30-11:30 am	NEW CORE CYCLE C 7:30-8:30 am
GET FIT TRX B 10-10:45 am	GET FIT TOTAL BODY B 10-10:45 am	GET FIT TOTAL BODY B 10-10:45 am	GET FIT BARRE B 10-10:45 am	GET FIT TOTAL BODY B 10-10:45 am	TRX CORE C 10-10:30 am	RIP-TRX-45 C 8:45-10 am
TRX CYCLE C 10:45-11:45 am	RIP-TRX-45 C 10:45-11:45 am	TRX CYCLE C 10:45-11:45 am	CORE CYCLE C 10:45-11:45 am	BLITZ C 10:30-11:00 am	VINYASA YOGA C 10:30-11:45 am	HATHA YOGA C 10:15-11:30 am
XCELERATE A \$ 12-12:45 pm	POWER BARRE B 11-11:55 am	DANCE CARDIO B 11 am-12 pm	POWER BARRE B 11-11:55 am	TRX-CORE B 11-11:45 am	POWER BARRE B 12-1 pm	MAX CYCLE C 12-1 pm
CORE CYCLE C 12-1 pm	VINYASA YOGA B 12-1 pm	XCELERATE A \$ 12-12:45 pm	NEW VINYASA YOGA B 12-1 pm	DANCE CARDIO C 11 am-12 pm	DANCE CARDIO C 12-1 pm	PILATES FLO B 12-1 pm
PILATES MAT B 12-1 pm	MAX CYCLE C 12-1 pm	CORE CYCLE C 12-1 pm	BEAT BOX C 12-1 pm	MAX CYCLE C 12-1 pm	BLITZ C 1-1:30 pm C 1:30-2 pm	NEW POWER BARRE B 1-2 pm
SPIKE C 1:30-2:30 pm	BEAT BOX C 1:15-2:15 pm	PILATES MAT B 12-1 pm	RIP-TRX-45 C 1:15-2:15 pm	PILATES MAT B 12-1 pm		
		BOOT CAMP C 1:30-2:30 pm		BOOT CAMP C 1:30-2:30 pm		
BLITZ C 5-5:30 pm	PILATES MAT B 5-6 pm	JR. SPORTS PERF. B \$ 4:30-5:30 pm	PILATES MAT B 5-6 pm	JR. SPORTS PERF. B \$ 4:30-5:30 pm	BEAT BOX C 3:30-4:30 pm	
KETTLE BLAST A 5:10-6 pm	MAX CYCLE C 5:30-6:30 pm	BLITZ C 5-5:30 pm	KETTLE BLAST A 5:10-6 pm	BLITZ C 5-5:30 pm C 5:30-6 pm		
STEP MIX B 5:30-6:30 pm	VINYASA YOGA B 6-7 pm	POWER YOGA B 5:30-6:30 pm	MAX CYCLE C 5:30-6:30 pm			
ZUMBA C 5:30-6:30 pm	NEW NITE RIDER C 6:30-7:30 pm	NEW ZUMBA C 5:30-6:30 pm	NITE RIDER C 6:30-7:30 pm			
POWER YOGA B 6:30-7:30 pm	POWER BARRE B 7-8 pm	TOTAL BODY C 6:30-7:30 pm	VINYASA YOGA B 6-7 pm			
TOTAL BODY C 6:30-7:30 pm		FAMILY JUDO B \$ 6:30-8:30 pm				

- A FTR-A located on 8th Floor
- B FTR-B located on 8th Floor
- C Studio C located on 4th Floor
- B Studio B located on 4th Floor
- \$ Specialized Training

(Preregistration & Extra Fee Applies)

Shaded classes begin between 11 am-1:30 pm

- Yoga Classes
- Cycling Classes
- Xcelerate Classes
- Pilates Classes

Schedule subject to change. Please see wac.net/schedules

8TH FLOOR GYM

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

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. \$70/month, first adult member. \$38/month, juniors or each additional family member;
Plus: All Fitness Advantage privileges plus locker rental and unlimited laundry. \$80/month, first adult member. \$48/month, each additional family member;
Premium: All Plus privileges and unlimited Xcelerate sessions. \$125/month, first adult member. \$100/month, each additional family member; wac.net/fitnessadvantage

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 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: 206.839.4781
- 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

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 workout without aggravating knees, hips, and other injury-prone joints.

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

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.

BLITZ 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.

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.

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.

FAMILY JUDO Learn self-defense throws and grappling with a focus on traditions, discipline and respect.

JUNIOR SPORTS PERFORMANCE Improve speed, strength and agility. Designed to complement participation in organized sports. Ages 8–18.

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

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

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

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

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

SCORE A fun and creative workout guaranteed to deliver long, lean and strong muscles. Score combines elements of Pilates, yoga and isometrics to target glutes, abs and legs.

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.

TRX CYCLE Back-to-back intervals of cycling and TRX.

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 and 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.

YIN YOGA A more meditative approach to yoga featuring poses that apply moderate focus to connective tissues of the body in order to increase circulation and improve flexibility.

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

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.

6TH FLOOR POOL

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	JOINTS IN MOTION & LAP SWIM ⊖ 10:30-11 am	TRI/CYCLE SWIM 6-7 am	DEEP WATER AEROBICS ⊖ 10-10:45 am	WAC JUNIORS & PRE-COMP SWIM TEAM 8:30-9:30 am	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 10 am-12 pm
DEEP WATER AEROBICS ⊖ 11-11:45 am	LAP SWIM 7-10:30 am	GET FIT WATER AEROBICS ⊖ 11-11:45 am	LAP SWIM 7-10:30 am	AQUA BOOT CAMP 10:45-11:45 am	SWIM LESSONS 8:30 am-12 pm	LAP SWIM 12-1:30 pm
LAP SWIM 11:45 am-3 pm ADULT BEGINNER SWIM 1:30-2:30 pm	LAP SWIM 10:30-11 am	GET FIT WATER AEROBICS ⊖ 11-11:45 am	LAP SWIM 10:30-11 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	GET FIT WATER AEROBICS ⊖ 11-11:45 am	AQUA BOOT CAMP 1:30-2:30 pm	GET FIT WATER AEROBICS ⊖ 11-11:45 am	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	LAP SWIM 11:45 am-3 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	LAP SWIM 11:45 am-3 pm	JR. PRE-COMP AND SWIM TEAM 4:30-5:30 pm	WAC JUNIORS SWIM TEAM 4:30-5:30 pm	LAP SWIM 5-6:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-7:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-6:30 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	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-7:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-6:30 pm
FAMILY SWIM & LAP SWIM 7:30-8:30 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 6:30-8:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-7:30 pm	PRIVATE LESSONS, FAMILY SWIM & LAP SWIM 1:30-6:30 pm
FAMILY SWIM & LAP SWIM 7:30-8:30 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 6:30-8:30 pm	POOL RENTALS 7:30-8:30 pm	POOL RENTALS 6:30-7:30 pm
FAMILY SWIM & LAP SWIM 7:30-8:30 pm	FAMILY SWIM & LAP SWIM 7:30-8:30 pm	FAMILY SWIM & LAP SWIM 7:30-8:30 pm	FAMILY SWIM & LAP SWIM 7:30-8:30 pm	FAMILY SWIM & LAP SWIM 6:30-8:30 pm	POOL RENTALS 7:30-8:30 pm	POOL RENTALS 6:30-7:30 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