

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.

Muscle Mix - This total body strength class includes stretching and various strength moves incorporating fitness equipment and your own body weight.

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.

Booty Camp - Incorporates cardio bursts with strength and core work with a focus on the "booty".

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

Zumba - Dynamic aerobic activity using easy to follow Latin dance moves and at the same time strengthens your core muscle group.

Step/Strictly Strength - A high-energy class that burns calories by using a variety of step movements. A full body sculpting and toning workout. This class incorporates a variety of resistance equipment to redefine the shape of your body.

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!

Spinning & Abs - 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. 30 minutes of Spinning with 15 minutes of ab work for a more intense workout.

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.

Instructors:

Kathie Klodell
Jayne Snelling
Cathy Healey
Blair Godshall

Liz Keith
Rita Tucker
Debbie Krug

Mary Shorten
Sherry Goodson
Shannon Wedig

Joanne Hackett
Justine Johnson
Maureen Finn

Lisa Weadick
Catherine Autenrieb
Lynn Smyth

Barb Donnellon
Emily Clayton
Gena DiTomaso