

Western Athletic Club Class Descriptions

Weekend Warrior (KK) Sun 10 am - 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.

Cardio Boot Camp (DK) Mon 6:30 am – Short and sweet, 45 minutes of high intensity cardio and core work. Get in and get it done!

Muscle Mix (JS) Mon 9:15 am - This 60-minute total body strength class includes stretching and various strength moves incorporating fitness equipment and your own body weight.

Just Weights (GD/KK) Tues 5:15 pm – 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.

Pilates Mat (JS) Tues 10:15 am/Fri 10:15 am – Controlled movements that engage your body and mind. Builds core strength and flexibility. (Tuesday class held in Spinning Studio)

Booty Camp (JS/JH) Wed 9:15 am - Incorporates cardio bursts with strength and core work with a focus on the “booty”.

SilverSneakers Classic (JH/MS) Tues 11:30/Thurs 10:15 – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Zumba (BD) Tues 6:30 pm – Dynamic aerobic activity using easy to follow Latin dance moves and at the same time strengthens your core muscle group.

Step/Strictly Strength (RT) Mon 5:30 pm/Wed 5:15 pm - 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.

Boot Camp (DK) Thurs 5:30 am – Full body strength workout in 45 minutes! Build lean muscle and tone up those trouble zones. Variety of exercises and equipment to keep it fun and effective!

Jump Start (GD) Sat 8:15 am – You won't need coffee when you start your weekend with Jump Start! This jam packed workout mixes cardio, strength training and abs for a head-to toe workout in one hour.

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 (LW) Mon/Wed 8:45 am - The on-the-go 30 minute version of our traditional 45 minute class. Get in, Spin and be on your way!

Spinning & Abs (JS) Thurs 9:15 am – 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 (SW/SG) Sat -9:30 am/Mon 10:30 am - 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.

Vinyasa Flow (SG/SW) Wed 6:30 pm – Link breath and movement while flowing through a dynamic sequence of conscious movements. Great for anyone looking for a sweaty practice followed by a deep stretch.

Hatha Yoga (DB) Wed 10:30 am - Enjoy the harmonizing benefits of a full body stretch through this practice of stretching and strengthening, breath work, relaxation and meditation.

Tabata (KK) Thurs 5:30 pm – 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 (CA) Tues/Fri 5:45 pm/Wed 6:00 pm/Sat 9:00 am – 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)

Instructors:

Kathie Klodell
Jayne Snelling
Cathy Healey

Liz Keith
Rita Tucker
Debbie Krug

Mary Shorten
Sherry Goodson
Shannon Wedig

Joanne Hackett
Gena DiTomaso
Donna Bross

Lisa Weadick
Justine Johnson

Barb Donnellon
Catherine Autenrieb