

# Group Ex Schedule

Effective September 8th, 2020

All classes require advanced sign up on the WSC app or online at [wsc.clubautomation.com](http://wsc.clubautomation.com)

## MONDAY

5:30-6:15am [3]	<b>FINAL CUT</b> Lisa D.	
6:30-7:15am [2]	<b>CORE CONNECTION</b> Lorrie	<b>NEW CLASS</b>
7:30-8:15am [1]	<b>TBW</b> Lorrie	
8:30-9:15am [1]	<b>F.A.S.T.</b> Anne L.	<b>NEW CLASS</b>
8:30-9:15am [3]	<b>CARDIO DANCE</b> Sue L.	
8:00-8:45am [L/P]	<b>WATER CONDITIONING</b> Julie	<b>NEW CLASS</b>
9:30-10:15am [3]	<b>FINAL CUT</b> Sue L.	
9:30-10:15am [1]	<b>POWER INTERVALS</b> Ali	
10:30-11:15am [3]	<b>CARDIO STRENGTH LITE</b> Katie M.	
10:30-11:25am [1]	<b>CHAIR YOGA</b> Jeannie	
1:00-1:45pm [L/P]	<b>WATER CONDITIONING</b> Julie	
5:30-6:15pm [1]	<b>F.A.S.T.</b> Anne L.	
6:30-7:15pm [1]	<b>CARDIO JAM</b> Jessica B.	
6:30-7:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Mary	

## WEDNESDAY

5:45-6:30am [AS]	<b>CYCLE</b> Suzi	
6:15-7:00am [3]	<b>POWER INTERVALS</b> Jaimee T.	
7:00-7:45am [1]	<b>TBW</b> Sue L.	
7:30-8:15am [2]	<b>CARDIO BARRE FUSION</b> Lorrie	<b>NEW CLASS</b>
8:00-8:45am [T/P]	<b>WARM WATER PILATES</b> Sue L.	
8:15-9:10am [M/B]	<b>MAT PILATES</b> Gail	<b>NEW CLASS</b>
8:30-9:15am [3]	<b>F.A.S.T.</b> Lisa D.	
9:30-10:15am [1]	<b>ATHLETIC CONDITIONING</b> Lorrie	
10:00-10:45am [AS]	<b>CYCLE</b> Cheryl	<b>NEW CLASS</b>
10:30-11:15am [3]	<b>CARDIO STRENGTH LITE</b> Anne L.	
10:30-11:15am [T/P]	<b>WARM WATER FUSION</b> Crista	
10:45-11:40am [M/B]	<b>GENTLE YOGA</b> Carrie	
12:00-12:45pm [T/P]	<b>AQUA YOGA</b> Carrie	<b>NEW CLASS</b>
1:00-1:45pm [L/P]	<b>WATER CONDITIONING</b> Julie	
5:30-6:15pm [3]	<b>KNOCKOUT!</b> Anne L.	
6:30-7:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Amy (A) / Mary (B)	

## FRIDAY

5:15-6:00am [AS]	<b>CYCLE</b> Jaime S.	<b>NEW CLASS</b>
5:30-6:15am [1]	<b>POWER INTERVALS</b> Lisa D.	<b>NEW CLASS</b>
6:30-7:15am [3]	<b>F.A.S.T.</b> Lisa D.	<b>NEW CLASS</b>
7:30-8:15am [1]	<b>CARDIO STRENGTH</b> Lorrie	
8:30-9:15am [1]	<b>CROSS TRAIN CHALLENGE</b> Lorrie	
9:30-10:15am [3]	<b>ZUMBA</b> Sue L.	
9:30-10:15am [1]	<b>HIIT</b> Anne L.	<b>NEW CLASS</b>
9:30-10:25am [M/B]	<b>YOGALATES</b> Sheryl	
10:30-11:15am [3]	<b>FINAL CUT LITE</b> Sue L.	
12:00-12:45pm [T/P]	<b>AQUA YOGA</b> Carrie	

## TUESDAY

6:15-7:00am [3]	<b>HIIT</b> Annie	
7:30-8:15am [3]	<b>CARDIO STRENGTH</b> Lisa D.	
7:30-8:15am [1]	<b>FINAL CUT</b> Lorrie	
8:00-8:55am [AS]	<b>CYCLE</b> Cheryl	
8:30-9:15am [1]	<b>POWER INTERVALS</b> Lorrie	
9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie	
9:30-10:15am [3]	<b>TBW</b> Leslie	
9:30-10:15am [2]	<b>ZUMBA</b> Mo	<b>NEW CLASS</b>
9:30-10:25am [M/B]	<b>YOGA LEVEL 1-2</b> Molly	
10:00-10:45am [1]	<b>BODY BAND BURN</b> Cheryl	<b>NEW CLASS</b>
10:30-11:15am [T/P]	<b>WARM WATER PILATES</b> Julie	
12:00-12:45pm [L/P]	<b>WATER CONDITIONING</b> Julie	
10:30-11:15am [3]	<b>BALANCE STRENGTH</b> Crista	<b>NEW CLASS</b>
11:30-12:15pm [1]	<b>SIT &amp; BE FIT</b> Crista	
5:00-5:55pm [M/B]	<b>MAT PILATES</b> Sheryl	<b>NEW CLASS</b>
5:30-6:15pm [3]	<b>CARDIO STRENGTH</b> Jaimee T.	

## THURSDAY

5:30-6:15 [1]	<b>POWER INTERVALS</b> Nancy	<b>NEW CLASS</b>
7:00-7:45am [AS]	<b>CYCLE</b> Cheryl	
7:30-8:15am [1]	<b>TBW</b> Lorrie	
7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P.	
8:30-9:15am [1]	<b>CARDIO CORE</b> Lorrie	
9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie	
9:30-10:15am [1]	<b>F.A.S.T.</b> Leslie	<b>NEW CLASS</b>
9:30-10:15am [2]	<b>BODY BAND BURN</b> Cheryl	<b>NEW CLASS</b>
10:00-10:45am [3]	<b>ATHLETIC CONDITIONING</b> Lorrie	<b>NEW CLASS</b>
10:30-11:15am [1]	<b>ZUMBA GOLD</b> Crista	
11:30-12:15pm [1]	<b>SIT &amp; BE FIT</b> Crista	<b>NEW CLASS</b>
12:00-12:45pm [L/P]	<b>WATER CONDITIONING</b> Julie	
1:00-1:45pm [T/P]	<b>WARM WATER THERAPY</b> Crista	
6:00-6:45pm [3]	<b>ZUMBA</b> Jessica B.	
6:30-7:15pm [L/P]	<b>WATER CONDITIONING</b> Jamie S.	<b>NEW CLASS</b>

## SATURDAY

7:30-8:15am [3]	<b>CARDIO STRENGTH</b> Jaime S.	
8:00-8:45am [1]	<b>ATHLETIC CONDITIONING</b> Leslie	
8:15-9:00am [AS]	<b>CYCLE</b> Sheryl	
8:30-9:15am [3]	<b>KNOCKOUT!</b> Anne L.	
10:00-10:55am [M/B]	<b>YOGA LEVEL 1-2</b> Joan V.	

## SUNDAY

7:30-8:15am [3]	<b>KNOCKOUT!</b> Jaime S.	
8:00-8:45am [L/P]	<b>WATER WORKS</b> Joan B.	
8:30-9:25am [1]	<b>YOGA LEVEL 1-2</b> Kirsten (A)/ Carrie (B)	
8:30-9:15am [3]	<b>CRT</b> Sue L.	<b>NEW CLASS</b>
9:45-10:30am [1]	<b>FINAL CUT</b> Sue L.	

Class registration will open at 8pm the night prior for all classes that start 8:30am or earlier. Registration for all other classes will open 90 minutes prior to class start time.

All Group Exercise classes are 45 min unless otherwise noted.

A waitlist option is now available for classes that are full. If you elect to be placed on the waiting list, you will receive an email from the system upon someone cancelling their sign-up. If you do not respond within 15 minutes of receiving the email, that held spot will go to the next person on the waitlist.

For up-to-date instructor scheduling please refer to the WSC

Class offerings and instructor scheduling are subject to change.

9/15/2020 11:07 AM