

Group Ex Schedule

COME ZOOM WITH WSC

During Tier 3 mitigations, all Group Exercise classes will be held virtually.

All classes require advanced sign up on the WSC app or online at wsc.clubautomation.com.

Your instructor will send you the ZOOM link at least 1 hour prior to class start.

MONDAY

5:30-6:15am	FINAL CUT Lisa D
7:30-8:15am	CARDIO STRENGTH Lorrie
8:30-9:15am	FINAL CUT Sue L
9:30-10:15am	POWER INTERVALS Ali
10:30-11:15am	CARDIO STRENGTH LITE Anne
5:30-6:15pm	F.A.S.T. Anne

TUESDAY

7:30-8:15am	CARDIO STRENGTH Lisa D
8:00-8:55am	CYCLE Cheryl
9:30-10:15am	ATHLETIC CONDITIONING Leslie
11:30-12:15pm	SIT & BE FIT Crista
5:30-6:15pm	CARDIO STRENGTH Jaimee T

WEDNESDAY

5:45-6:30am	CYCLE Suzi
7:00-7:45am	TBW Sue L
8:00-8:45am	CARDIO BARRE FUSION Lorrie
9:30-10:15am	TBW Leslie
10:30-11:15am	CARDIO STRENGTH LITE Anne

THURSDAY

7:30-8:15am	F.A.S.T. Anne
8:30-9:15am	CARDIO CORE Lorrie
9:30-10:15am	F.A.S.T. Leslie
10:30-11:15am	BALANCE STRENGTH STRETCH Crista
6:30-7:15pm	ZUMBA Jessica

FRIDAY

6:30-7:15am	F.A.S.T. Lisa D
7:30-8:15am	CARDIO STRENGTH Lorrie
8:30-9:15am	CORE STRENGTH Lorrie
9:30-10:15am	ZUMBA Sue L.
10:30-11:15am	FINAL CUT LITE Sue L

SATURDAY

7:00-7:45am	CARDIO STRENGTH Jaimee T
8:00-8:45am	F.A.S.T. Anne
9:30-10:15am	ZUMBA Jessica

SUNDAY

8:00-8:45am	POWER INTERVALS Jaime S
9:00-9:45am	FINAL CUT Sue L

Class registration will open at 8pm 1+ days prior for all classes that start 8:30am or earlier. Registration for all other classes will open 1 day prior to class start time.

All Group Exercise classes are 45 min unless otherwise noted.

For up-to-date instructor scheduling please refer to the WSC App and class listings.

If you can't make our ZOOM times, check out the WSC YouTube page and workout on your schedule!
Youtube.com/wheatonsportcenter

Class offerings and instructor scheduling are subject to change.

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