

Group Ex Schedule

JANUARY 2021

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

MONDAY

5:30-6:15am [1]	CARDIO STRENGTH Jill
7:00-7:45am [3]	TBW Lisa D.
7:30-8:15am [1]	F.A.S.T. Lorrie
8:30-9:15am [1]	CARDIO DANCE Sue L
8:30-9:15am [2]	CARDIO BARRE FUSION Lorrie
8:30-9:15am [L/P]	WATER CONDITIONING Julie
9:30-10:15am [1]	POWER INTERVALS Ali
10:30-11:15am [1]	CARDIO STRENGTH LITE Anne (A)/ Lisa D (B)
10:30-11:25am [2]	CHAIR YOGA Jeannie
1:00-1:45pm [L/P]	WATER CONDITIONING Julie
5:30-6:15pm [1]	F.A.S.T. Anne
6:00-6:45pm [AS]	CYCLE Suzi
6:30-7:25pm [M/B]	YOGA LEVEL 1-2 Mary

TUESDAY

6:00-6:45am [3]	HIIT Jaimee T
7:30-8:15am [1]	CARDIO STRENGTH Lisa D
7:30-8:15am [2]	CORE CONNECTION Lorrie
8:00-8:55am [AS]	CYCLE Cheryl
8:30-9:15am [1]	FINAL CUT Lorrie
8:30-9:25am [M/B]	YOGA LEVEL 1-2 Molly
9:00-9:45am [L/P]	DEEP WATER RUNNING Cassie
9:15-10:00am [2]	BODY BAND BURN Cheryl
9:30-10:15am [1]	ATHLETIC CONDITIONING Leslie
10:30-11:15am [1]	BALANCE STRENGTH STRETCH Crista
10:45-11:30am [T/P]	WARM WATER PILATES Julie
11:30-12:15pm [1]	SIT & BE FIT Crista
12:00-12:45pm [L/P]	WATER CONDITIONING Julie
5:00-5:55m [M/B]	MAT PILATES Sheryl
5:30-6:15pm [3]	CARDIO STRENGTH Jaimee T

WEDNESDAY

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

THURSDAY

7:00-7:45am [AS]	CYCLE Cheryl
7:30-8:15am [1]	F.A.S.T. Anne
7:30-8:25am [M/B]	YOGA LEVEL 1-2 Beth P
8:30-9:15am [1]	CARDIO CORE Lorrie
9:00-9:45am [L/P]	DEEP WATER RUNNING Cassie
9:30-10:15am [2]	F.A.S.T. Leslie
10:30-11:15am [1]	ZUMBA GOLD Crista
12:00-12:45pm [L/P]	WATER CONDITIONING Julie
1:00-1:45pm [T/P]	WARM WATER DANCE Crista
6:30-7:15pm [3]	ZUMBA Jessica

FRIDAY

5:30-6:15am [1]	POWER INTERVALS Lisa D
5:30-6:15am [AS]	CYCLE Jaime S
6:30-7:15am [1]	F.A.S.T. Lisa D
7:00-7:45am [2]	TBW Jaimee T
7:30-8:15am [1]	CORE STRENGTH Lorrie
8:30-9:15am [1]	POWER INTERVALS Lorrie
9:30-10:15am [1]	ZUMBA Sue L.
9:30-10:15am [3]	POWER INTERVALS Leslie
9:30-10:25am [M/B]	YOGALATES Sheryl
10:30-11:15am [1]	FINAL CUT LITE Sue L
10:45-11:40am [M/B]	GENTLE YOGA Carrie
12:00-12:45pm [T/P]	AQUA YOGA Carrie

SATURDAY

7:30-8:15am [1]	F.A.S.T. Jaime S
8:00-8:45am [3]	KNOCKOUT! Anne
8:15-9:10am [AS]	CYCLE Sheryl
8:30-9:15am [1]	ATHLETIC CONDITIONING Leslie
9:00-9:45am [3]	CORE STRENGTH Anne
9:30-10:15am [2]	ZUMBA Jessica
10:00-10:55am [M/B]	YOGA LEVEL 1-2 Joan V

SUNDAY

7:30-8:15am [3]	POWER INTERVALS Jaime S
8:00-8:45am [L/P]	WATER WORKS Joan
8:30-9:25am [1]	YOGA LEVEL 1-2 Kirsten (A)/ Carrie (B)
9:30-10:15am [3]	FINAL CUT 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 App and class listings.

Class offerings and instructor scheduling are subject to change.

1/14/2021 8:31 AM