

Group Fitness Schedule

FALL 2021 Effective 08/23

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

MONDAY

| | |
|---------------------|--------------------------------------------------------|
| 5:30-6:15am [1] | CIRCUITS Jaime S |
| 5:30-6:15am [3] | BOX 'N BURN Dawn |
| 5:45-6:30am [AS] | CYCLE Megan |
| 7:00-7:55am [1] | TBW Lisa D |
| 7:15-8:00am [2] | F.A.S.T. Leslie |
| 8:30-9:15am [1] | CARDIO STRENGTH Sue |
| 8:30-9:25am [2] | BARRE FUSION Julie L |
| 9:30-10:15am [AS] | CYCLE Megan |
| 9:30-10:15am [3] | BOX 'N BURN Anne |
| 9:45-10:40am [4] | YOGALATES Beth |
| 9:30-10:25am [1] | POWER INTERVALS Ali |
| 10:30-11:25am [2] | CHAIR YOGA Jeannie |
| 10:30-11:15am [3] | CARDIO STRENGTH LITE Sheeba (A) / Lisa D (B) |
| 10:45-11:40am [L/P] | AQUATICS AEROBICS Julie |
| 12:00-12:55pm [T/P] | BALANCE, WALK, STRETCH Julie |
| 5:30-6:15pm [1] | F.A.S.T. Anne |
| 5:30-6:15pm [3] | BOX 'N BURN Craig |
| 6:00-6:55pm [2] | CARDIO BARRE FUSION Ronda |
| 6:30-7:15pm [3] | BOX 'N BURN Craig |
| 6:30-7:25pm [4] | YOGA LEVEL 1-2 Mary |

TUESDAY

| | |
|---------------------|---------------------------------------------|
| 6:00-6:55am [1] | HIIT Jaimee T |
| 6:30-7:15am [3] | BOX 'N BURN Cheryl |
| 7:30-8:15am [1] | FINAL CUT Lisa D |
| 7:30-8:15am [2] | CORE CONNECTION Ronda |
| 7:30-8:15am [AS] | CYCLE Cheryl |
| 8:30-9:15am [1] | POWER INTERVALS Lisa D |
| 8:30-9:15am [3] | BOX 'N BURN Cheryl |
| 8:30-9:25am [4] | YOGA LEVEL 1-2 Ronda |
| 9:00-9:55am [L/P] | DEEP WATER RUNNING Cassie |
| 9:30-10:15am [AS] | CYCLE Cheryl |
| 9:30-10:15am [1] | ATHLETIC CONDITIONING Leslie |
| 10:30-11:15am [1] | BALANCE STRENGTH STRETCH Crista |
| 10:45-11:40am [L/P] | AQUATIC RESISTANCE TRAINING Julie |
| 11:30-12:15pm [1] | FUNCTIONAL FITNESS Crista |
| 12:00-12:55pm [T/P] | WARM WATER CORE CHALLENGE Julie |
| 5:00-5:55m [4] | MAT PILATES Sheryl |
| 5:30-6:25pm [3] | CARDIO STRENGTH Jaimee T |

WEDNESDAY

| | |
|---------------------|---------------------------------------------|
| 5:30-6:15am [3] | BOX 'N BURN Dawn |
| 5:30-6:25am [1] | FINAL CUT Lisa D |
| 5:45-6:30am [AS] | CYCLE Suzi |
| 7:00-7:55am [1] | TBW Sue |
| 8:00-8:55am [4] | MAT PILATES Gail |
| 8:30-9:25am [2] | F.A.S.T. Lisa D |
| 8:30-9:15am [1] | CIRCUITS Sue |
| 8:30-9:25am [L/P] | AQUA CIRCUITS Julie |
| 9:30-10:15am [AS] | CYCLE Megan |
| 9:30-10:15am [3] | BOX 'N BURN Anne |
| 9:30-10:25am [1] | POWER INTERVALS Ali |
| 10:30-11:15am [2] | CARDIO STRENGTH LITE Sheeba |
| 10:30-11:25am [4] | GENTLE YOGA Carrie |
| 10:45-11:40am [L/P] | AQUATICS AEROBICS Julie |
| 12:00-12:55pm [T/P] | AQUA YOGA Carrie |
| 4:30-5:15pm [2] | CARDIO BARRE FUSION Allie J |
| 5:30-6:25pm [GYM] | KNOCKOUT Anne |
| 5:30-6:00pm [3] | BNB101 Craig |
| 6:00-6:45pm [3] | BOX 'N BURN Craig |
| 6:30-7:25pm [4] | YOGA LEVEL 1-2 Amy (A) / Mary (B) |

THURSDAY

| | |
|---------------------|---------------------------------------------|
| 5:45-6:30am [AS] | CYCLE Megan |
| 6:00-6:45am [1] | BARRE FUSION Allie J |
| 6:30-7:15am [3] | BOX 'N BURN Anne |
| 7:00-7:45am [AS] | CYCLE Cheryl |
| 7:00-7:55pm [2] | CARDIO BARRE FUSION Ronda |
| 7:30-8:15am [1] | CIRCUITS Anne |
| 7:30-8:25am [4] | YOGA LEVEL 1-2 Beth P |
| 8:00-8:55am [AS] | CYCLE/STRENGTH Cheryl |
| 8:30-9:15am [1] | CARDIO CORE Lisa D |
| 8:30-9:15am [3] | BOX 'N BURN Anne |
| 8:45-9:40am [2] | BARRE FUSION Beth (A) / Ronda (B) |
| 9:00-9:55am [L/P] | DEEP WATER RUNNING Cassie |
| 9:30-10:15am [3] | BOX 'N BURN Anne |
| 9:30-10:25am [1] | F.A.S.T. Leslie |
| 10:30-11:15am [2] | ZUMBA TONING Crista |
| 11:30-12:15pm [2] | FUNCTIONAL FITNESS Crista |
| 12:00-12:55pm [L/P] | AQUATIC RESISTANCE TRAINING Julie |
| 1:00-1:55pm [T/P] | WARM WATER DANCE Crista |
| 5:30-6:25pm [3] | F.A.S.T. Jaime S |
| 6:30-7:25pm [2] | ZUMBA Jessica |

FRIDAY

| | |
|---------------------|------------------------------------------------|
| 5:30-6:15am [1] | POWER INTERVALS Lisa D |
| 5:30-6:15am [3] | BOX 'N BURN Dawn |
| 5:45-6:30am [AS] | CYCLE Jaime S (A) / Stephanie (B) |
| 6:30-7:15am [2] | F.A.S.T. Lisa D |
| 7:00-7:55am [1] | TBW Jaimee T |
| 7:30-8:15am [3] | BOX 'N BURN Anne |
| 8:30-9:15am [1] | FINAL CUT Anne |
| 8:30-9:15am [L/P] | AQUA FRIDAY FUN Sue (A) / Carrie (B) |
| 9:30-10:15am [1] | ZUMBA Sue |
| 9:30-10:25am [2] | POWER INTERVALS Leslie |
| 9:30-10:25am [4] | YOGALATES Sheryl |
| 9:30-10:15am [3] | BOX 'N BURN Anne |
| 10:30-11:15am [1] | FINAL CUT LITE Sue |
| 10:45-11:40am [4] | GENTLE YOGA Carrie |
| 11:00-11:55am [L/P] | AQUA ZUMBA Crista |
| 12:00-12:55pm [T/P] | AQUA YOGA Carrie |

SATURDAY

| | |
|-------------------|-----------------------------------------------------------|
| 7:00-7:45am [3] | BOX 'N BURN Anne |
| 8:00-8:55am [2] | F.A.S.T. Jaime S |
| 8:00-8:45am [3] | BOX 'N BURN Anne |
| 8:00-8:55am [1] | ATHLETIC CONDITIONING Leslie (A) / Jaimee T (B) |
| 8:15-9:10am [AS] | CYCLE Sheryl |
| 9:00-9:45am [3] | BOX 'N BURN Anne |
| 9:30-10:25am [1] | ZUMBA Jessica |
| 10:00-10:55am [4] | YOGA LEVEL 1-2 Joan V |

SUNDAY

| | |
|-------------------|---------------------------------------------------|
| 8:00-8:30am [3] | BNB101 Craig |
| 8:00-8:45am [2] | CIRCUITS Jaime S |
| 8:00-8:55am [L/P] | WATER CARDIO Sue |
| 8:15-9:10am [1] | YOGA LEVEL 1-2 Kirsten (A) / Carrie (B) |
| 8:30-9:15am [3] | BOX 'N BURN Craig |
| 9:30-10:25am [1] | FINAL CUT Sue |
| 9:30-10:15am [3] | BOX 'N BURN Craig |

Class registration will open at 12pm the day prior.

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.