

# Group Fitness Schedule

Winter 2022 Effective 1/3/2021

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

## SATURDAY

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

## SUNDAY

8:00-8:45am [AS]	<b>CYCLE</b> Jaime S
8:00-8:55am [L/P]	<b>WATER CARDIO</b> Sue
8:15-9:10am [1]	<b>YOGA LEVEL 1-2</b> Kirsten (A) / Carrie (B)
8:30-9:15am [3]	<b>BOX 'N BURN</b> Rotating Instructors
9:30-10:25am [1]	<b>FINAL CUT</b> Sue

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.