

Group Fitness Schedule

Spring 2022 Effective 3/7/2022

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
5:45-6:30am [AS]	CYCLE Megan
7:00-7:55am [1]	STRENGTH/CARDIO/CORE Lisa D
7:15-8:00am [2]	STRENGTH CONDITIONING Leslie
8:30-9:15am [1]	CARDIO STRENGTH Sue
8:30-9:25am [4]	YOGA LEVEL 1-2 Joan V
8:30-9:25am [2]	BARRE FUSION Julie L
9:30-10:15am [AS]	CYCLE Megan
9:30-10:15am [3]	BOX 'N BURN Lisa E
9:30-10:25am [1]	POWER INTERVALS Ali
9:45-10:40am [4]	YOGALATES Beth
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]	STRENGTH CONDITIONING Anne
6:00-6:55pm [2]	CARDIO BARRE FUSION Ronda
6:30-7:15pm [3]	BOX 'N BURN Anne
6:30-7:25pm [1]	ZUMBA Jessica
6:30-7:25pm [4]	YOGA LEVEL 1-2 Mary

TUESDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
5:45-6:30am [AS]	CYCLE Jaime S (A) / Stephanie (B)
6:00-6:55am [1]	HIIT Jaimee T
6:30-7:15am [3]	BOX 'N BURN Dawn
7:30-8:15am [1]	STRENGTH ENDURANCE Lisa D
7:30-8:15am [4]	CORE CONNECTION Ronda
8:30-9:15am [AS]	CYCLE Barb
8:30-9:15am [1]	POWER INTERVALS Lisa D
8:30-9:15am [3]	BOX 'N BURN Megan
8:30-9:25am [4]	YOGA LEVEL 1-2 Ronda
9:00-9:55am [L/P]	DEEP WATER RUNNING Cassie
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
11:45-12:30pm [1]	LINE DANCING Sue
12:00-12:55pm [T/P]	WARM WATER CORE CHALLENGE Julie
5:00-5:55pm [4]	MAT PILATES Sheryl
5:30-6:25pm [3]	CARDIO STRENGTH Jaimee T
5:30-6:15pm [AS]	CYCLE Beth
6:30-7:15pm [AS]	CYCLE Beth

WEDNESDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
5:30-6:25am [1]	STRENGTH ENDURANCE Lisa D
5:45-6:30am [AS]	CYCLE Suzi
7:00-7:55am [1]	STRENGTH/CARDIO/CORE Sue
8:00-8:55am [4]	MAT PILATES Gail
8:30-9:25am [2]	STRENGTH CONDITIONING 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
4:30-5:25pm [2]	CARDIO BARRE FUSION Ronda
5:30-6:15pm [3]	BOX 'N BURN Anne
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 Rotating Instructors
7:00-7:55am [2]	BARRE FUSION Julie L
7:30-8:15am [1]	CIRCUITS Anne
7:30-8:25am [4]	YOGA LEVEL 1-2 Beth P
8:30-9:15am [AS]	CYCLE Megan
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]	STRENGTH CONDITIONING 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]	STRENGTH CONDITIONING Jaime S

FRIDAY

5:30-6:15am [1]	CARDIO CORE Lisa D
5:30-6:15am [3]	BOX 'N BURN Dawn
6:30-7:15am [1]	STRENGTH CONDITIONING Lisa D
7:00-7:55am [2]	STRENGTH/CARDIO/CORE Jaimee T
7:30-8:15am [3]	BOX 'N BURN Anne
8:30-9:15am [AS]	CYCLE Barb
8:30-9:15am [1]	STRENGTH ENDURANCE Anne
8:30-9:15am [L/P]	AQUA INTERVALS 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 [3]	STRENGTH ENDURANCE LITE Sue
10:30-11:25am [1]	CHAIR YOGA Jeannie (A) / Ronda (B)
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]	STRENGTH CONDITIONING 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 / Sue
10:00-10:55am [4]	YOGA LEVEL 1-2 Joan V

SUNDAY

8:00-8:45am [AS]	CYCLE Jaime S
8:00-8:55am [L/P]	WATER CARDIO Sue
8:15-9:10am [1]	YOGA LEVEL 1-2 Kirsten (A) / Carrie (B)
9:30-10:25am [1]	STRENGTH ENDURANCE 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.