

Group Fitness Schedule

Summer 2022 Effective 6/6/2022

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
7:00-7:50am [1]	STRENGTH/CARDIO/CORE Lisa D
7:15-8:00am [2]	STRENGTH CONDITIONING Leslie
8:30-9:15am [1]	CARDIO STRENGTH Sue
8:30-9:20am [4]	YOGA LEVEL 1-2 Joan V
8:30-9:20am [2]	BARRE FUSION Julie L
9:30-10:15am [AS]	CYCLE Megan
9:30-10:15am [3]	BOX 'N BURN Lisa E
9:30-10:20am [1]	POWER INTERVALS Ali
9:45-10:35am [4]	YOGALATES Beth
10:30-11:20am [2]	CHAIR YOGA Jeannie
10:30-11:20am [3]	CARDIO STRENGTH LITE Sheeba (A) / Lisa D (B)
10:45-11:35am [L/P]	AQUATICS AEROBICS Julie
12:00-12:50pm [T/P]	BALANCE, WALK, STRETCH Julie
5:30-6:15pm [1]	CARDIO STRENGTH Jaimee T
5:30-6:15pm [3]	BOX 'N BURN Craig
6:30-7:20pm [1]	ZUMBA Jessica
6:30-7:15pm [3]	BOX 'N BURN Craig
6:30-7:20pm [4]	YOGA LEVEL 1-2 Mary

TUESDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
6:00-6:50am [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
8:30-9:20am [4]	YOGA LEVEL 1-2 Ronda
9:00-9:50am [L/P]	DEEP WATER RUNNING Cassie
9:30-10:15am [1]	ATHLETIC CONDITIONING Leslie
9:30-10:15am [2]	BARRE FUSION Ronda
10:30-11:20am [1]	BALANCE STRENGTH STRETCH Crista
10:45-11:35am [L/P]	AQUATIC RESISTANCE TRAINING Julie
11:45-12:30pm [1]	LINE DANCING Sue
12:00-12:50pm [T/P]	WARM WATER CORE CHALLENGE Julie
5:00-5:50pm [4]	MAT PILATES Sheryl
5:30-6:20pm [1]	STRENGTH CONDITIONING Anne
6:00-6:45pm [AS]	CYCLE Beth
6:30-7:15pm [3]	BOX 'N BURN Anne

WEDNESDAY

5:30-6:20am [1]	STRENGTH ENDURANCE Lisa D
5:45-6:30am [AS]	CYCLE Suzi
7:00-7:50am [1]	STRENGTH/CARDIO/CORE Sue
8:00-8:50am [4]	MAT PILATES Gail
8:15-9:00am [3]	BOX 'N BURN Megan
8:30-9:20am [2]	STRENGTH CONDITIONING Lisa D
8:30-9:15am [1]	CIRCUITS Sue
8:30-9:20am [L/P]	AQUA CIRCUITS Julie
9:30-10:15am [AS]	CYCLE Megan
9:30-10:15am [2]	BARRE FUSION Olivia
9:30-10:15am [3]	BOX 'N BURN Anne
9:30-10:20am [1]	POWER INTERVALS Ali
10:30-11:15am [2]	CARDIO STRENGTH LITE Olivia
10:30-11:20am [4]	GENTLE YOGA Carrie
10:45-11:35am [L/P]	AQUATICS AEROBICS Julie
12:00-12:50pm [T/P]	AQUA YOGA Carrie
4:30-5:20pm [2]	CARDIO BARRE FUSION Ronda
5:30-6:15pm [3]	BOX 'N BURN Anne
6:30-7:15pm [3]	BOX 'N BURN Anne
6:30-7:20pm [4]	YOGA LEVEL 1-2 Amy (A) / Mary (B)

THURSDAY

5:45-6:30am [AS]	CYCLE Megan
6:30-7:15am [3]	BOX 'N BURN Anne
7:00-7:50am [2]	BARRE FUSION Julie L
7:30-8:15am [1]	CIRCUITS Anne
7:30-8:20am [4]	YOGA LEVEL 1-2 Beth P
8:30-9:15am [1]	CARDIO CORE Lisa D
8:30-9:40am [2]	BARRE FUSION Beth
9:00-9:50am [L/P]	DEEP WATER RUNNING Cassie
9:30-10:15am [3]	BOX 'N BURN Anne
9:30-10:20am [1]	STRENGTH CONDITIONING Leslie
10:00-10:50am (4)	PRE/POSTNATAL YOGA Danielle
10:30-11:15am [1]	ZUMBA TONING Crista
11:30-12:15pm [1]	FUNCTIONAL FITNESS Crista
12:00-12:50pm [L/P]	AQUATIC RESISTANCE TRAINING Julie
1:00-1:50pm [T/P]	WARM WATER DANCE Crista
5:30-6:20pm [3]	STRENGTH CONDITIONING Jaime S
6:00-6:45pm [AS]	CYCLE Beth

FRIDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
5:30-6:15am [1]	CARDIO CORE Lisa D
6:30-7:15am [2]	STRENGTH CONDITIONING Lisa D
7:00-7:50am [1]	STRENGTH/CARDIO/CORE Jaimee T
7:30-8:15am [3]	BOX 'N BURN Anne
8:30-9:15am [AS]	CYCLE Beth
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
9:30-10:20am [2]	POWER INTERVALS Leslie
9:30-10:20am [4]	YOGALATES Sheryl
9:30-10:15am [3]	BOX 'N BURN Anne
10:30-11:15am [1]	STRENGTH ENDURANCE LITE Sue
10:45-11:35am [4]	GENTLE YOGA Carrie
11:00-11:50am [L/P]	AQUA ZUMBA Crista
12:00-12:50pm [T/P]	AQUA YOGA Carrie

SATURDAY

7:00-7:45am [3]	BOX 'N BURN Rotating Instructors
8:00-8:50am [1]	STRENGTH CONDITIONING Jaime S
8:00-8:45am [3]	BOX 'N BURN Rotating Instructors
8:00-8:50am [2]	ATHLETIC CONDITIONING Leslie (A) / Jaimee T (B)
8:15-9:05am [AS]	CYCLE Sheryl
9:00-9:45am [3]	BOX 'N BURN Rotating Instructors
9:30-10:20am [1]	ZUMBA Jessica / Sue
10:00-10:50am [4]	YOGA LEVEL 1-2 Joan V

SUNDAY

8:00-8:45am [AS]	CYCLE Jaime S
8:00-8:45am [3]	BOX 'N BURN Craig
8:00-8:50am [L/P]	WATER CARDIO Sue
8:15-9:05am [1]	YOGA LEVEL 1-2 Kirsten (A) / Carrie (B)
9:30-10:20am [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.