

Group Fitness Schedule

WINTER 2023 Effective 01/01/2023

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	
7:00-7:50am [2]	STRENGTH CONDITIONING Leslie	NEW TIME
8:30-9:15am [1]	CARDIO STRENGTH Sue	
8:30-9:20am [4]	YOGA LEVEL 1-2 Heather (A) Joan V (B)	
8:30-9:20am [2]	BARRE FUSION Julie L	
9:30-10:20am [1]	POWER INTERVALS Ali	
9:30-10:15am [AS]	CYCLE Megan	
9:30-10:20am [2]	STRENGTH/CORE/STRETCH Lisa H	
9:45-10:35am [4]	YOGALATES Beth	
10:30-11:20am [1] & [3]	CARDIO STRENGTH LITE Lisa H (A) / Lisa D (B)	
10:45-11:35am [2]	CHAIR YOGA Jeannie	NEW TIME
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	
5:45-6:35am [AS]	CYCLE 'N CORE Lisa H	NEW TIME
5:45-6:35am [1]	POWER INTERVALS Jaimee T	NEW TIME
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]	BARRE/CORE/STRENGTH 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	
10:30-11:20am [1]	BALANCE STRENGTH STRETCH Crista	
10:45-11:35am [L/P]	WATER MUSCLE STRENGTHENING 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	
5:30-6:15pm [AS]	CYCLE Beth	
5:30-6:20pm [2]	BARRE/CORE/STRENGTH Anne	JUST ADDED
5:30-6:30pm [1]	Line Up and Zumba Sue (every other Tuesday)	

WEDNESDAY

5:30-6:20am [1]	STRENGTH ENDURANCE Lisa D	
5:30-6:15am [AS]	CYCLE Anna	
7:00-7:50am [1]	STRENGTH/CARDIO/CORE Sue	
8:00-8:50am [4]	MAT PILATES Gail	
8:30-9:15am [3]	BOX 'N BURN Anne	
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	
5:30-6:15pm [3]	CIRCUITS 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	
7:30-8:15am [1]	CARDIO STRENGTH 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 P	
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	
10:30-11:20am (4)	PRE/POSTNATAL/GENTLE YOGA Carrie	
10:30-11:20am [1]	ZUMBA TONING Crista	
12:00-12:50pm [L/P]	WATER MUSCLE STRENGTHENING Julie	
1:10-2:00pm [T/P]	WARM WATER DANCE Crista	NEW TIME
5:30-6:20pm [2]	STRENGTH CONDITIONING Jaime S	
5:30-6:15pm [AS]	CYCLE Beth	
5:45-6:30pm [3]	BOX 'N BURN Lisa E	NEW INSTRUCTOR

FRIDAY

5:30-6:15am [3]	BOX 'N BURN Dawn	
5:30-6:15am [1]	BARRE/CORE/STRENGTH 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 Barb	
8:30-9:15am [1]	BARRE/CORE/STRENGTH Anne	
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	
10:45-11:40am [3]	CHAIR YOGA Heather	
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

7:45-8:35am [1]	STRENGTH CONDITIONING Jaime S	
8:30-9:15am [3]	BOX 'N BURN Rotating Instructors	
8:30-9:20am [2]	ATHLETIC CONDITIONING Leslie (A) / Jaimee T (B)	
8:15-9:05am [AS]	CYCLE Sheryl	
9:30-10:15am [AS]	CYCLE Beth	
9:30-10:15am [3]	BOX 'N BURN Rotating Instructors	
9:30-10:20am [1]	ZUMBA (See App for schedule) Jessica	
10:00-10:50am [4]	YOGA LEVEL 1-2 Joan V	

SUNDAY

8:00-8:45am [AS]	CYCLE Jaime S	
9:30-10:15am [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.