

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

5:45-6:30am [AS]	CYCLE Megan
7:00-7:50am [1]	STRENGTH/CARDIO/CORE Lisa D
7:00-7:50am [2]	STRENGTH CONDITIONING Leslie
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
9:00-9:55am [LP]	AQUATICS AEROBICS  Julie
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
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
5:45-6:35am [1]	POWER INTERVALS 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]	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
5:30-6:30pm [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
5:30-6:20pm [1]	ZUMBA Kellie
5:30-6:15pm [AS]	CYCLE Beth
5:45-6:30pm [3]	BOX 'N BURN Lisa E

FRIDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
5:30-6:15am [1]	BARRE/CORE/STRENGTH Lisa D
6:30-7:15am [1]	STRENGTH CONDITIONING Lisa D
7:00-7:50am [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]	BARRE/CORE/STRENGTH Anne
9:00-9:55am [LP]	AQUA CIRCUITS  Cassie
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 Rotating Instructors
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

9:00-9:45am [AS]	CYCLE Anna
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.