

Group Fitness Schedule

ADDITIONS TO SCHEDULE COMING MID JUNE!

All classes require advanced sign up on the WSC app or online at wsc.clubautomation.com

MONDAY

| | |
|-------------------------|--|
| 5:30-6:20am [1] | CIRCUITS Kellie |
| 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] | HI-LO INTERVALS Sue |
| 8:30-9:25am [4] | YOGA LEVEL 1-2 Heather |
| 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 'N CORE Lisa H |
| 9:45-10:40am [4] | YOGALATES Beth |
| 10:30-11:20am [1] & [3] | CARDIO STRENGTH LITE Lisa H (A) / Lisa D (B) |
| 10:45-11:40am [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 |
| 6:30-7:25pm [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 |
| 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 |
| 8:30-9:25am [4] | YOGA LEVEL 1-2 Ronda |
| 9:00-9:50am [L/P] | DEEP WATER RUNNING Cassie |
| 9:30-10:20am [2] | BARRE FUSION Olivia |
| 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 |
| 5:00-5:55pm [4] | MAT PILATES Jenna |
| 5:30-6:15pm [AS] | CYCLE Beth |
| 5:30-6:20pm [2] | BARRE/CORE/STRENGTH Anne |
| 5:30-6:30pm [1] | LINE UP AND ZUMBA Sue (every other Tuesday) |

WEDNESDAY

| | |
|---------------------|---|
| 5:30-6:20am [1] | STRENGTH ENDURANCE Lisa D |
| 5:45-6:30am [AS] | CYCLE Anna |
| 7:00-7:50am [1] | STRENGTH/CARDIO/CORE Sue |
| 8:00-8:55am [4] | MAT PILATES Gail |
| 8:30-9:15am [3] | BOX 'N BURN Anne |
| 8:30-9:15am [1] | CIRCUITS Sue |
| 9:00-9:50am [L/P] | AQUA CIRCUITS Julie |
| 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 |
| 6:30-7:25pm [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 |
| 7:30-8:15am [1] | CARDIO STRENGTH Kellie |
| 7:30-8:25am [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 |
| 10:30-11:25am (4) | PRE/POSTNATAL/GENTLE YOGA Danielle |
| 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 Beth C. |
| 8:30-9:15am [1] | STRENGTH ENDURANCE Sue L. |
| 9:00-9:55am [LP] | AQUA CIRCUITS Cassie |
| 9:30-10:15am [1] | ZUMBA Sue |
| 9:30-10:20am [2] | POWER INTERVALS Leslie |
| 9:30-10:25am [4] | YOGALATES Nicole |
| 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 |
| 10:45-11:40am [4] | GENTLE YOGA Carrie |
| 11:00-11:50am [L/P] | AQUA ZUMBA Crista |
| 12:00-12:50pm [T/P] | AQUA YOGA Carrie |

SATURDAY

| | |
|-------------------|---|
| 7:30-8:20am [1] | STRENGTH CONDITIONING Rotating Instructors |
| 8:30-9:15am [3] | BOX 'N BURN Rotating Instructors |
| 8:30-9:20am [1] | ATHLETIC CONDITIONING Leslie (A) / Jaimee T (B) |
| 8:15-9:00am [AS] | CYCLE Beth |
| 9:15-10:00am [AS] | CYCLE Beth |
| 9:30-10:15am [3] | BOX 'N BURN Rotating Instructors |
| 9:30-10:20am [1] | ZUMBA (See App for schedule) Jessica / Kellie |
| 10:00-10:55am [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 |
| 8:15-9:10am [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.

Effective 06.02.23

ADDITIONS TO SCHEDULE COMING MID JUNE!

Updated 05.24.23 08:52am