

# Group Fitness Schedule

All classes require advanced sign up on the WSC app or online at [wsc.clubautomation.com](http://wsc.clubautomation.com)

## MONDAY

5:30-6:20am [1]	<b>CIRCUITS</b> Kellie
5:45-6:30am [AS]	<b>CYCLE</b> Megan
7:00-7:50am [1]	<b>STRENGTH/CARDIO/CORE</b> Lisa D
7:00-7:50am [2]	<b>STRENGTH CONDITIONING</b> Leslie
8:30-9:15am [1]	<b>HI-LO INTERVALS</b> Sue
8:30-9:25am [4]	<b>YOGA LEVEL 1-2</b> Heather
8:30-9:20am [2]	<b>BARRE FUSION</b> Julie L
8:30-9:15am [AS]	<b>CYCLE</b> Anna
9:00-9:55am [LP]	<b>AQUATICS AEROBICS</b> Julie
9:30-10:20am [1]	<b>POWER INTERVALS</b> Ali
9:30-10:20am [2]	<b>STRENGTH 'N CORE</b> Lisa H
9:30-10:25am [4]	<b>YOGALATES</b> Beth
10:30-11:20am [1] & [3]	<b>CARDIO STRENGTH LITE</b> Lisa H (A) / Lisa D (B)
10:30-11:20am [LP]	<b>AQUATIC AEROBICS</b> Julie
10:45-11:40am [2]	<b>CHAIR YOGA</b> Jessica
11:45-12:35pm [T/P]	<b>BALANCE, WALK, STRETCH</b> Julie
5:30-6:15pm [1]	<b>CARDIO STRENGTH</b> Jaimee
5:30-6:15pm [3]	<b>BOX 'N BURN</b> Craig
6:30-7:25pm [4]	<b>YOGA LEVEL 1-2</b> Mary

## TUESDAY

5:30-6:15am [3]	<b>BOX 'N BURN</b> Dawn
5:30-6:20am [1]	<b>CARDIO STRENGTH</b> Erin
5:45-6:35am [AS]	<b>CYCLE 'N CORE</b> Lisa H
7:30-8:30am [4]	<b>CORE CONNECTION</b> Corie
7:00-7:45am [1]	<b>STRENGTH ENDURANCE</b> Lisa D
8:00-8:30am [AS]	<b>CYCLE EXPRESS</b> Olivia
8:30-9:30am [4]	<b>YOGA LEVEL 1-2</b> Corie
8:30-9:15am [1]	<b>BARRE/CORE/STRENGTH</b> Lisa D.
9:00-9:50am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
9:30-10:20am [2]	<b>BARRE FUSION</b> Olivia
9:30-10:15am [1]	<b>ATHLETIC CONDITIONING</b> Leslie
10:30-11:20am [1]	<b>BALANCE STRENGTH STRETCH</b> Crista
10:30-11:20am [L/P]	<b>WATER MUSCLE STRENGTHENING</b> Julie
11:45-12:30pm [1]	<b>LINE DANCING</b> Sue
11:45-12:35pm [T/P]	<b>WARM WATER CORE CHALLENGE</b> Julie
12:45-1:35PM [TP]	<b>WARM WATER CORE CHALLENGE LITE</b> Julie
5:30-6:15pm [AS]	<b>CYCLE</b> Beth
5:30-6:20pm [1]	<b>BARRE/CORE/STRENGTH</b> Anne L

## WEDNESDAY

5:30-6:20am [1]	<b>STRENGTH ENDURANCE</b> Lisa D
5:45-6:30am [AS]	<b>Cycle</b> Beth
7:00-7:50am [1]	<b>STRENGTH/CARDIO/CORE</b> Sue
8:00-8:55am [4]	<b>MAT PILATES</b> Gail
8:30-9:15am [3]	<b>BOX 'N BURN</b> Anne
8:30-9:15am [AS]	<b>CYCLE</b> Anna
8:30-9:15am [1]	<b>CIRCUITS</b> Sue
9:00-9:50am [L/P]	<b>AQUA CIRCUITS</b> Julie
9:30-10:15am [2]	<b>BARRE FUSION</b> Olivia
9:30-10:15am [3]	<b>BOX 'N BURN</b> Anne
9:30-10:20am [1]	<b>POWER INTERVALS</b> Ali
10:30-11:15am [2]	<b>CARDIO STRENGTH LITE</b> Olivia
10:30-11:20am [4]	<b>GENTLE YOGA</b> Carrie
10:30-11:20am [L/P]	<b>AQUATICS AEROBICS</b> Julie
11:45-12:35pm [T/P]	<b>AQUA YOGA</b> Carrie
5:30-6:15pm [1]	<b>CIRCUITS</b> Anne
6:30-7:15pm [3]	<b>BOX 'N BURN</b> Anne
6:30-7:25pm [4]	<b>YOGA LEVEL 1-2</b> Amy (A) / Mary (B)

## THURSDAY

5:30-6:20am [1]	<b>CARDIO STRENGTH</b> Erin
5:45-6:30am [AS]	<b>CYCLE</b> Megan
6:30-7:15am [3]	<b>BOX 'N BURN</b> Anne
7:00-7:50am [1]	<b>BARRE FUSION</b> Julie
7:30-8:25am [4]	<b>YOGA LEVEL 1-2</b> Beth P
8:30-9:15am [1]	<b>CARDIO CORE</b> Lisa D
8:30-9:20am [2]	<b>BARRE FUSION</b> Beth P
9:00-9:50am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
9:30-10:15am [3]	<b>BOX 'N BURN</b> Anne
9:30-10:20am [1]	<b>STRENGTH CONDITIONING</b> Leslie
10:00-10:55am (4)	<b>PRE/POSTNATAL/GENTLE YOGA</b> Danielle
10:30-11:20am [1]	<b>ZUMBA TONING</b> Crista
12:00-12:50pm [L/P]	<b>WATER MUSCLE STRENGTHENING</b> Crista
1:00-1:45pm [T/P]	<b>WARM WATER DANCE</b> Crista
5:30-6:15pm [AS]	<b>CYCLE</b> Beth
5:30-6:20pm [1]	<b>CARDIO STRENGTH</b> Jaimee

## FRIDAY

5:30-6:15am [3]	<b>BOX 'N BURN</b> Dawn
5:30-6:15am [1]	<b>BARRE/CORE/STRENGTH</b> Lisa D
6:30-7:15am [1]	<b>STRENGTH CONDITIONING</b> Lisa D
7:30-8:15am [3]	<b>BOX 'N BURN</b> Anne
8:30-9:15am [AS]	<b>CYCLE</b> Megan
8:30-9:15am [1]	<b>STRENGTH ENDURANCE</b> Sue L.
9:00-9:55am [LP]	<b>AQUA CIRCUITS</b> Cassie
9:30-10:15am [1]	<b>ZUMBA</b> Sue
9:30-10:20am [2]	<b>POWER INTERVALS</b> Leslie
9:30-10:25am [4]	<b>YOGALATES</b> Danielle
9:30-10:15am [3]	<b>BOX 'N BURN</b> Anne
10:30-11:15am [1]	<b>STRENGTH ENDURANCE LITE</b> Sue
10:45-11:40am [3]	<b>CHAIR YOGA</b> Heather
10:45-11:40am [4]	<b>GENTLE YOGA</b> Carrie
11:00-11:50am [L/P]	<b>AQUA ZUMBA</b> Crista
12:00-12:50pm [T/P]	<b>AQUA YOGA</b> Carrie

## SATURDAY

7:30-8:20am [1]	<b>STRENGTH CONDITIONING</b> Sheeba /Kellie
8:30-9:15am [3]	<b>BOX 'N BURN</b> Rotating Instructors
8:30-9:15am [AS]	<b>CYCLE</b> Anna (A) / Beth (B)
8:30-9:20am [1]	<b>BOOTCAMP</b> Leslie (A) / Jaimee T (B)
9:30-10:15am [3]	<b>BOX 'N BURN</b> Rotating Instructors
10:00-10:55am [4]	<b>YOGA LEVEL 1-2</b> Joan V

## SUNDAY

8:00-8:50am [L/P]	<b>WATER CARDIO</b> Sue
8:15-9:10am [1]	<b>YOGA LEVEL 1-2</b> Kirsten (A) / Carrie (B)
9:00-9:45am [AS]	<b>CYCLE</b> Anna
9:30-10:15am [3]	<b>BOX 'N BURN</b> Craig
9:30-10:20am [1]	<b>STRENGTH ENDURANCE</b> 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 08.14.23

Updated 11.17.23 11:09am