

Group Fitness Schedule

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
8:30-9:15am [AS]	CYCLE Megan
9:00-9:55am [LP]	AQUATICS AEROBICS Julie
9:30-10:20am [1]	POWER INTERVALS Ali
9:30-10:20am [2]	STRENGTH 'N CORE Julie L
9:30-10:25am [4]	YOGALATES Beth
10:30-11:20am [1] & [3]	CARDIO STRENGTH LITE Jennifer O (A) / Lisa D (B)
10:30-11:20am [LP]	AQUATIC AEROBICS Julie
10:45-11:40am [2]	CHAIR YOGA Jessica
11:45-12:35pm [T/P]	BALANCE, WALK, STRETCH Julie
5:30-6:15pm [1]	CARDIO STRENGTH Jaimee
5:30-6:15pm [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
5:30-6:20am [1]	BOOTCAMP Leslie
7:30-8:30am [4]	CORE CONNECTION Corie
7:00-7:45am [1]	STRENGTH ENDURANCE Lisa D
7:30-8:15am [2]	BARRE/CORE/STRENGTH Anne L.
8:00-8:45am [AS]	CYCLE 'N Core Megan
8:30-9:30am [4]	YOGA LEVEL 1-2 Corie
8:30-9:15am [3]	BOX 'N BURN Anne L.
8:30-9:15am [1]	BARRE/CORE/STRENGTH Lisa D.
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
10:30-11:20am [L/P]	WATER MUSCLE STRENGTHENING Julie
11:45-12:30pm [1]	LINE DANCING Sue
11:45-12:35pm [T/P]	WARM WATER CORE CHALLENGE Julie
12:45-1:35PM [TP]	WARM WATER CORE CHALLENGE LITE Julie
5:30-6:15pm [AS]	CYCLE Beth
5:30-6:20pm [1]	CARDIO STRENGTH Jaimee T.

WEDNESDAY

5:30-6:20am [1]	STRENGTH ENDURANCE Lisa D
5:45-6:30am [AS]	Cycle Beth
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 [AS]	CYCLE Anna
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
10:30-11:20am [L/P]	AQUATICS AEROBICS Julie
11:45-12:35pm [T/P]	AQUA YOGA Carrie
5:30-6:15pm [1]	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

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

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
7:30-8:15am [3]	BOX 'N BURN Anne
8:30-9:15am [AS]	CYCLE Anna K
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 Danielle
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

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

SUNDAY

8:00-8:50am [L/P]	WATER CARDIO Sue
8:15-9:10am [1]	YOGA LEVEL 1-2 Kirsten (A) / Carrie (B)
9:00-9:45am [AS]	CYCLE Anna
9:30-10:15am [3]	BOX 'N BURN Craig
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 02.08.24

Updated 02.08.24 11:09am