

# 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> Leslie	
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	
8:30-9:20am [2]	<b>BARRE FUSION</b> Julie L	
8:30-9:15am [AS]	<b>CYCLE</b> Megan	
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> Julie L	
10:30-11:20am [1] & [3]	<b>CARDIO STRENGTH LITE</b> Jen O / Lisa D (B)	
10:30-11:20am [LP]	<b>AQUATIC AEROBICS</b> Julie	
11:45-12:35pm [T/P]	<b>BALANCE, WALK, STRETCH</b> Julie	
5:30-6:15pm [3]	<b>BOX 'N BURN</b> Craig	
6-7pm L/P	<b>WATER CARDIO</b> Jen O	

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>HI-LO INTERVALS</b> Sue	
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 [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	

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> Anna K	
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	
9:30-10:15am [3]	<b>BOX 'N BURN</b> Anne	
10:30-11:15am [1]	<b>STRENGTH ENDURANCE LITE</b> Sue	
11:00-11:50am [L/P]	<b>AQUA ZUMBA</b> Crista	
12:00-12:50pm [T/P]	<b>AQUA YOGA</b> Carrie	

TUESDAY		
5:30-6:15am [3]	<b>BOX 'N BURN</b> Dawn	
5:30-6:20am [1]	<b>CARDIO STRENGTH</b> Leslie	
5:45-6:35am [AS]	<b>CYCLE 'N CORE</b> Cassie	
7:00-7:45am [1]	<b>STRENGTH ENDURANCE</b> Lisa D	
8:00-8:45am [AS]	<b>CYCLE N' CORE</b> Megan	
8:30-9:15am [1]	<b>BARRE/CORE/STRENGTH</b> Lisa D.	
8:30-9:15am [3]	<b>BOX N' BURN</b> Anne L	
9:00-9:50am [L/P]	<b>DEEP WATER RUNNING</b> Jen O	
9:30-10:20am [2]	<b>BARRE FUSION</b> Olivia	
9:30-10:30am [3]	<b>BOX N' BURN</b> Anne L	
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>CARDIO STRENGTH</b> Jen O	

THURSDAY		
5:30-6:20am [1]	<b>CARDIO STRENGTH</b> Anne L	
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	
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	
10:30-11:20am [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>BARRE/CORE/STRENGTH</b> Anne L.	

SATURDAY		
7:15-8:15am [2]	<b>BARRE/CORE/STRENGTH</b> Anne L	
7:30-8:20am [1]	<b>STRENGTH CONDITIONING</b> Sheeba	
8:30-9:15am [3]	<b>BOX 'N BURN</b> Rotating Instructors	
8:30-9:15am [AS]	<b>CYCLE</b> Anna (A) / Beth (B)	
9:30-10:20am [LP]	<b>DEEP WATER RUNNING</b> Cassie	
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	
9:30-10:20am [1]	<b>ZUMBA</b> Crista	

SUNDAY		
8:00-8:50am [L/P]	<b>WATER CARDIO</b> Sue	
9:30-10:20am [1]	<b>STRENGTH ENDURANCE</b> Sue	
9:00-9:45am [AS]	<b>CYCLE</b> Anna	
9:30-10:15am [3]	<b>BOX 'N BURN</b> Craig	

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 1.02.24

Updated 12.15.23 11:09am