

Group Fitness Schedule

Fall 2024

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

MONDAY

5:30-6:20am [1]	CIRCUITS Leslie
5:45-6:30am [AS]	CYCLE Megan
6:30-7:30am [2]	STRENGTH CONDITIONING Leslie
7:00-7:50am [1]	STRENGTH/CARDIO/CORE Lisa D
8:30-9:15am [1]	HI-LO INTERVALS Sue
8:30-9:20am [2]	BARRE FUSION Julie L
8:30-9:15am [AS]	CYCLE Anna
9:00-9:55am [LP]	AQUATICS AEROBICS Julie
9:30-10:20am [1]	POWER INTERVALS Ali
9:30-10:20am [2]	HI-LO CARDIO Julie L
10:30-11:20am [1] & [3]	CARDIO STRENGTH LITE Jen O / Lisa D (B)
10:30-11:20am [LP]	AQUATIC AEROBICS Julie
11:45-12:35pm [T/P]	BALANCE, WALK, STRETCH Julie
12-1pm [2]	BALLET BARRE Katie
5:30-6:15pm [3]	BOX 'N BURN Craig
6-7pm L/P	WATER CARDIO Jen O

WEDNESDAY

5:30-6:20am [1]	STRENGTH ENDURANCE Lisa D
5:45-6:30am [AS]	Cycle Beth
7:00-7:50am [1]	HI-LO INTERVALS Sue
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 [L/P]	AQUATICS AEROBICS Julie
11:45-12:35pm [T/P]	AQUA YOGA Carrie
5:30-6:15pm [3]	CIRCUITS Anne
6:30-7:15pm [3]	BOX 'N BURN Anne

FRIDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
5:30-6:15am [1]	BARRE/CORE/STRENGTH Lisa D
5:30-6:15am [AS]	CYCLE Steve
6:30-7:15am [1]	STRENGTH CONDITIONING Lisa D
7:30-8:20am [2]	CIRCUITS Anne
8:30-9:30am [2]	BARRE/CORE/STRENGTH 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
9:30-10:15am [3]	BOX 'N BURN Anne
10:30-11:15am [1]	STRENGTH ENDURANCE LITE Sue
11:00-11:50am [L/P]	AQUA ZUMBA Crista
12:00-12:50pm [T/P]	AQUA YOGA Carrie

TUESDAY

5:30-6:15am [3]	BOX 'N BURN Dawn
5:30-6:20am [1]	CARDIO STRENGTH Erin
5:45-6:35am [AS]	CYCLE 'N CORE Cassie
7:00-7:45am [1]	STRENGTH 'N CORE Lisa D
8:30-9:15am [1]	BARRE/CORE/STRENGTH Lisa D.
9:00-9:50am [L/P]	DEEP WATER RUNNING Jen O
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 LITE Julie
5:30-6:15pm [AS]	CYCLE Beth
5:30-6:20pm [1]	CARDIO STRENGTH Jen O

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
8:30-9:15am [1]	CARDIO CORE Lisa D
8:30-9:20am [2]	BARRE FUSION Beth P
9:30-10:15am [3]	BOX 'N BURN Anne
9:30-10:20am [1]	STRENGTH CONDITIONING Leslie
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.

SATURDAY

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

SUNDAY

8:00-8:50am [L/P]	WATER CARDIO Sue
9:30-10:20am [1]	STRENGTH ENDURANCE Sue
9:30-10:15am [3]	BOX 'N BURN 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 8.19.24

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