

Group Fitness Schedule

WINTER 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]	BARRE/CORE/STRENGTH Julie L	
10:30-11:20am [2] & [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	
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 [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	
6:15-7:00am [AS]	CYCLE 'N CORE Stephanie	
7:00-7:45am [1]	STRENGTH 'N CORE Lisa D	
8:15-9am [AS]	CYCLE David	
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	
9:30-10:20am [2]	BARRE FUSION Beth P	
9:30-10:15am [a]	CYCLE David	
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	
9-9:45am [AS]	Cycle Cassie	
9:30-10:20am [1]	STRENGTH ENDURANCE Sue	
9:30-10:30am [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 10.21.24

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