

# Group Fitness Schedule

## SUMMER 2021 Effective 06/14

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

### MONDAY

5:30-6:15am [1]	<b>CARDIO STRENGTH</b> Jaime S
5:30-6:15am [3]	<b>BOX 'N BURN</b> Dawn
5:45-6:30am [AS]	<b>CYCLE</b> Megan
7:00-7:45am [1]	<b>TBW</b> Lisa D.
7:15-8:00am [2]	<b>F.A.S.T.</b> Leslie
8:30-9:15am [1]	<b>CARDIO STRENGTH</b> Sue L
8:30-9:15am [2]	<b>BARRE FUSION</b> Julie L
9:30-10:15am [AS]	<b>CYCLE</b> Megan
9:30-10:15am [3]	<b>BOX 'N BURN</b> Anne
9:45-10:30am [M/B]	<b>YOGALATES</b> Beth
9:30-10:15am [1]	<b>POWER INTERVALS</b> Ali
10:30-11:25am [2]	<b>CHAIR YOGA</b> Jeannie
10:30-11:15am [3]	<b>CARDIO STRENGTH LITE</b> Anne (A)/ Lisa D (B)
12:00-12:45pm [T/P]	<b>BALANCE, WALK, STRETCH</b> Julie
1:00-1:45pm [L/P]	<b>AQUATIC RESISTANCE TRAINING</b> Julie
5:30-6:15pm [1]	<b>F.A.S.T.</b> Anne L
5:30-6:15pm [3]	<b>BOX 'N BURN</b> Craig
6:30-7:15m [3]	<b>BOX 'N BURN</b> Craig
6:30-7:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Mary

### TUESDAY

6:00-6:45am [1]	<b>HIIT</b> Jaimee T
6:30-7:15am [3]	<b>BOX 'N BURN</b> Cheryl
7:30-8:15am [1]	<b>FINAL CUT</b> Lisa D
7:30-8:15am [2]	<b>CORE CONNECTION</b> Ronda
7:30-8:15am [AS]	<b>CYCLE</b> Cheryl
8:30-9:15am [1]	<b>POWER INTERVALS</b> Lisa D
8:30-9:15am [3]	<b>BOX 'N BURN</b> Cheryl
8:30-9:25am [M/B]	<b>YOGA LEVEL 1-2</b> Ronda
9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
9:30-10:15am [3]	<b>BOX 'N BURN</b> Cheryl
9:30-10:15am [1]	<b>ATHLETIC CONDITIONING</b> Leslie
10:30-11:15am [3]	<b>BALANCE STRENGTH STRETCH</b> Crista
10:45-11:30am [L/P]	<b>AQUATICS AEROBICS</b> Julie
11:30-12:15pm [1]	<b>SIT &amp; BE FIT</b> Crista
12:00-12:45pm [T/P]	<b>WARM WATER CORE CHALLENGE</b> Julie
4:30-5:15pm [3]	<b>BOX 'N BURN</b> Anne L
5:00-5:55m [M/B]	<b>MAT PILATES</b> Sheryl
5:30-6:15pm [3]	<b>BOX 'N BURN</b> Anne L
5:30-6:15pm [2]	<b>CARDIO STRENGTH</b> Jaimee T

### WEDNESDAY

5:30-6:15am [1]	<b>FINAL CUT</b> Lisa D
5:30-6:15am [3]	<b>BOX 'N BURN</b> Dawn
5:45-6:30am [AS]	<b>CYCLE</b> Suzi
7:00-7:45am [1]	<b>TBW</b> Sue L
7:30-8:15am [2]	<b>CARDIO BARRE FUSION</b> Sheeba
8:00-8:55am [M/B]	<b>MAT PILATES</b> Gail
8:30-9:15am [1]	<b>F.A.S.T.</b> Lisa D
8:30-9:15am [3]	<b>BOX 'N BURN</b> Kyle
8:30-9:15am [2]	<b>CIRCUITS</b> Sue L
9:30-10:15am [AS]	<b>CYCLE</b> Megan
9:30-10:15am [3]	<b>BOX 'N BURN</b> Kyle
9:30-10:15am [1]	<b>POWER INTERVALS</b> Ali
10:30-11:15am [2]	<b>CARDIO STRENGTH LITE</b> Sheeba
10:30-11:25am [M/B]	<b>GENTLE YOGA</b> Carrie
10:45-11:30am [L/P]	<b>AQUATIC RESISTANCE TRAINING</b> Julie
12:00-12:45pm [T/P]	<b>AQUA YOGA</b> Carrie
5:30-6:15pm [GYM]	<b>KNOCKOUT!</b> Anne L
5:30-6:15pm [3]	<b>BOX 'N BURN</b> Craig
6:30-7:25pm [M/B]	<b>YOGA LEVEL 1-2</b> Amy (A) / Mary (B)

### THURSDAY

6:30-7:15am [3]	<b>BOX 'N BURN</b> Craig
7:00-7:45am [AS]	<b>CYCLE</b> Cheryl
7:30-8:25am [M/B]	<b>YOGA LEVEL 1-2</b> Beth P
8:00-8:55am [AS]	<b>CYCLE/STRENGTH</b> Cheryl
8:30-9:15am [1]	<b>CARDIO CORE</b> Lisa D.
8:30-9:15am [3]	<b>BOX 'N BURN</b> Anne L
8:45-9:15am [2]	<b>BARRE FUSION</b> Beth (A)/Ronda (B)
9:00-9:45am [L/P]	<b>DEEP WATER RUNNING</b> Cassie
9:30-10:15am [3]	<b>BOX 'N BURN</b> Anne L
9:30-10:15am [1]	<b>F.A.S.T.</b> Leslie
10:30-11:15am [2]	<b>ZUMBA TONING</b> Crista
11:30-12:15pm [2]	<b>FUNCTIONAL FITNESS</b> Crista
12:00-12:45pm [L/P]	<b>AQUATICS AEROBICS</b> Julie
1:00-1:45pm [T/P]	<b>WARM WATER DANCE</b> Crista
6:30-7:15pm [2]	<b>ZUMBA</b> Jessica

Class registration will open at 12pm the day prior.

All Group Exercise classes are 45 min unless otherwise noted.

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.

### FRIDAY

5:30-6:15am [1]	<b>POWER INTERVALS</b> Lisa D
5:30-6:15am [AS]	<b>CYCLE</b> Jaime S
5:30-6:15am [3]	<b>BOX 'N BURN</b> Kyle
6:30-7:15am [2]	<b>F.A.S.T.</b> Lisa D
6:30-7:15am [3]	<b>BOX 'N BURN</b> Kyle
7:00-7:45am [1]	<b>TBW</b> Jaimee T
7:30-8:15am [2]	<b>CARDIO BARRE FUSION</b> Sheeba
8:30-9:15am [1]	<b>FINAL CUT</b> Anne L
8:45-9:30am [3]	<b>BOX 'N BURN</b> Lisa E
9:30-10:15am [1]	<b>ZUMBA</b> Sue L.
9:30-10:25am [M/B]	<b>YOGALATES</b> Sheryl
9:45-10:30am [3]	<b>BOX 'N BURN</b> Lisa E
9:30-10:15am [2]	<b>POWER INTERVALS</b> Leslie
10:30-11:15am [1]	<b>FINAL CUT LITE</b> Sue L
10:45-11:40am [M/B]	<b>GENTLE YOGA</b> Carrie
11:00-11:45am [L/P]	<b>AQUA ZUMBA</b> Crista
12:00-12:45pm [T/P]	<b>AQUA YOGA</b> Carrie

### SATURDAY

7:30-8:15am [2]	<b>F.A.S.T.</b> Jaime S
7:30-8:15am [3]	<b>BOX 'N BURN</b> Dawn
8:00-8:45am [1]	<b>ATHLETIC CONDITIONING</b> Leslie
8:15-9:10am [AS]	<b>CYCLE</b> Sheryl
9:00-9:45am [3]	<b>BOX 'N BURN</b> Dawn
9:30-10:15am [1]	<b>ZUMBA</b> Jessica
10:00-10:55am [M/B]	<b>YOGA LEVEL 1-2</b> Joan V

### SUNDAY

8:00-8:45am [1]	<b>POWER INTERVALS</b> Jaime S
8:00-8:55am [L/P]	<b>WATER CARDIO</b> Sue L
8:15-9:10am [M/B]	<b>YOGA LEVEL 1-2</b> Kirsten (A)/ Carrie (B)
8:30-9:15am [3]	<b>BOX 'N BURN</b> Craig
9:30-10:15am [1]	<b>FINAL CUT</b> Sue L
9:30-10:15am [3]	<b>BOX 'N BURN</b> Craig

Class offerings and instructor scheduling are subject to change.