

# Group Fitness Schedule

# WINTER 2024

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
6:30-7:30am [2]	<b>STRENGTH CONDITIONING</b> Leslie
7:00-7:50am [1]	<b>STRENGTH/CARDIO/CORE</b> Lisa D
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> Anna
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>BARRE/CORE/STRENGTH</b> Julie L
10:30-11:20am [2] & [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
5:30-6:30pm [1]	<b>ZUMBA</b> Ashley
6-7pm L/P	<b>WATER CARDIO</b> Jen O

## TUESDAY

5:30-6:15am [3]	<b>BOX 'N BURN</b> Dawn
5:30-6:30am [1]	<b>CARDIO STRENGTH</b> Rotating instructors
6:15-7:00am [AS]	<b>CYCLE 'N CORE</b> Stephanie
7:00-7:45am [1]	<b>STRENGTH 'N CORE</b> Lisa D
8:15-9am [AS]	<b>CYCLE</b> David
8:30-9:15am [1]	<b>BARRE/CORE/STRENGTH</b> Lisa D.
9:00-9:50am [L/P]	<b>DEEP WATER RUNNING</b> Jen O
9:30-10:15am [1]	<b>ATHLETIC CONDITIONING</b> Leslie
9:30-10:30am [2]	<b>ZUMBA</b> Ashley
10:30-11:20am [1]	<b>BALANCE STRENGTH STRETCH</b> Crista
10:30-11:20am [L/P]	<b>WATER MUSCLE STRENGTHENING</b> Julie
11:30-12:30pm [2]	<b>SIT AND FIT</b> Jen O
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 LITE</b> Julie
5:30-6:15pm [AS]	<b>CYCLE</b> Beth

## 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 [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/CORE/STRENGTH</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
5:30-6:20pm [3]	<b>CIRCUITS</b> Jen O
6:45-7:30pm [3]	<b>BOX 'N BURN</b> David

## THURSDAY

5:30-6:20am [1]	<b>CARDIO STRENGTH</b> Anne
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
9:30-10:20am [2]	<b>BARRE FUSION</b> Beth P
9:30-10:15am [AS]	<b>CYCLE</b> David
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> Maggie

## FRIDAY

5:30-6:15am [3]	<b>BOX 'N BURN</b> Dawn
5:30-6:15am [1]	<b>BARRE/CORE/STRENGTH</b> Lisa D
5:30-6:15am [AS]	<b>CYCLE</b> Steve
6:30-7:15am [1]	<b>STRENGTH CONDITIONING</b> Lisa D
7:30-8:20am [2]	<b>CIRCUITS</b> Anne
8:30-9:30am [2]	<b>BARRE/CORE/STRENGTH</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> Carrie
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

## 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> Ashley
12:30-1:30pm [2]	<b>BARRE FUSION</b> Tony

## SUNDAY

8:00-8:50am [L/P]	<b>WATER CARDIO</b> Sue
9-9:45am [AS]	<b>Cycle</b> Cassie
9:30-10:20am [1]	<b>STRENGTH ENDURANCE</b> Sue
9:30-10:30am [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 1.2.25

Updated 01.02.2025 11:09am