

Group Fitness Schedule

SPRING 2025

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
5:30-6:30pm [1]	ZUMBA Ashley
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/CORE/STRENGTH Olivia
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
5:30-6:20pm [3]	CIRCUITS Jen O
6:45-7:30pm [3]	BOX 'N BURN David

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 Carrie
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
5:30-6:30am [1]	CARDIO STRENGTH Rotating instructors
5:45-6:30 [AS]	CYCLE Steve
7:00-7:45am [3]	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]	STRENGTH CONDITIONING Leslie
9:30-10:30am [2]	ZUMBA Ashley
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

THURSDAY

5:30-6:20am [1]	CARDIO STRENGTH Anne
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 [AS]	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
11:15-12pm [2]	Qigong Elisa
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 Maggie

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 [Gym]	BOOTCAMP Leslie (A) / Jaimee T (B)
9:30-10:15am [3]	BOX 'N BURN Rotating Instructors
9:30-10:20am [1]	ZUMBA Ashley
12:30-1:30pm [2]	BARRE FUSION Tony

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 2.20.25

Updated 2.20.2025 11:09am