

Group Fitness Schedule

FALL 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 |
| 7:00-8:00am [1] | HI-LO INTERVALS Sue |
| 8:30-9:15am [AS] | CYCLE Anna |
| 8:30-9:30am [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 |

FRIDAY

| | |
|---------------------|----------------------------------------|
| 5:30-6:15am [3] | BOX 'N BURN Dawn |
| 5:30-6:15am [1] | BARRE/CORE/STRENGTH Lisa D |
| 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 Jennifer |
| 7:00-7:45am [3] | 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] | 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 |
| 5:30-6:30PM [1] | POWER INTERVALS Jaimee |
| 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 |
| 8:00-8:45am [AS] | CYCLE Cassie |
| 8:30-9:15am [1] | CARDIO CORE Anne |
| 9:00-9:50am [L/P] | DEEP WATER RUNNING Cassie |
| 9:30-10:20am [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 |
| 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 |
| 5:30-6:30pm [1] | CARDIO STRENGTH Jaimee |
| 5:30-6:15pm [AS] | CYCLE Beth |

SATURDAY

| | |
|-------------------|--------------------------------------------|
| 7:15-8:15am [2] | BARRE/CORE/STRENGTH Anne L |
| 7:30-8:20am [1] | STRENGTH CONDITIONING Sheeba |
| 8:30-9:30am [1] | CARDIO STRENGTH Jaimee |
| 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 |
| 9:30-10:20am [1] | ZUMBA Ashley |

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 8.18.25
Updated 8.8.25 11:09am

