

CYCLING

SCHEDULE AND CURRENT INSTRUCTORS



BETH

Beth, a USA Triathlon coach and cycle instructor since 2021, energizes every class with music, motivation, and community spirit.



CASSIE

Cassie has been inspiring members as a group fitness instructor at WSC since 2005.



ANNA

Anna, an ISSA and NASM certified trainer, specializes in strength and HIIT. With 9+ years of experience, she designs fun, challenging workouts that keep clients coming back.



LISA

Lisa Clay has taught cycling, yoga, and more since the late '90s. A former attorney, she brings over 20 years of experience and a passion for sharing fitness with others.

VIEW THE NEW
CYCLING SCHEDULE

