

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 Lisa
	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
	9:30-10:20am [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)
	5:30-6:15pm [3]	BOX ‘N BURN Craig
	5:30-6:30pm [1]	ZUMBA Ashley

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
	9:30-10:15am [2]	BARRE/CORE/STRENGTH Olivia
	9:30-10:20am [1]	POWER INTERVALS Ali
	10:30-11:15am [2]	CARDIO STRENGTH LITE Olivia

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.
	9:30-10:15am [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

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.
	9:30-10:15am [1]	STRENGTH CONDITIONING Leslie
	9:30-10.30am [2]	ZUMBA Ashley
	10:30-11:20am [1]	BALANCE STRENGTH STRETCH Crista
	11:45-12:30pm [1]	LINE DANCING Sue
	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 Lisa
	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
	9:30-10:20am [2]	BARRE FUSION Beth P
	9:30-10:15am [3]	BOX ‘N BURN Anne
	9:30-10:20am [1]	STRENGTH CONDITIONING Leslie
	10:30-11:15am [1]	ZUMBA TONING Crista
	11:15-12pm [2]	QIGONG Elisa
	11:30-12:30pm [1]	BALANCE CORE STRETCH 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 [1]	ZUMBA Ashley

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.