

Group Fitness Schedule

WINTER 2025

All classes require advanced sign up on the WSC app or online at [wsc.clubautomation.com](https://wsc.clubautomation.com)

MONDAY		
	5:30—6:20am [1]	<b>CIRCUITS</b> Rotating instructor
	5:45-6:30am [AS]	<b>CYCLE</b> Lisa
	7:00-7:50am [1]	<b>STRENGTH/CARDIO/CORE</b> Lisa D
	8:30-9:15am [1]	<b>HI-LO INTERVALS</b> Jennifer
	8:30-9:20am [2]	<b>BARRE FUSION</b> Julie L
	8:30-9:15am [AS]	<b>CYCLE</b> Anna
	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)
	5:30-6:15pm [3]	<b>BOX ‘N BURN</b> Craig
	5:30-6:30pm [1]	<b>ZUMBA</b> Ashley

WEDNESDAY		
	5:30-6:20am [1]	<b>STRENGTH ENDURANCE</b> Lisa D
	5:45-6:30am [AS]	<b>Cycle</b> Beth
	7:00-8:00am [1]	<b>HI-LO INTERVALS</b> Sue
	8:30-9:15am [AS]	<b>CYCLE</b> Anna
	8:30-9:30am [1]	<b>CIRCUITS</b> Sue
	9:30-10:15am [2]	<b>BARRE/CORE/STRENGTH</b> Anne
	9:30-10:20am [1]	<b>POWER INTERVALS</b> Ali
	10:30-11:15am [2]	<b>CARDIO STRENGTH LITE</b> Jennifer
	5:30-6:30pm [3]	<b>BOX ‘N BURN</b> Kalee

FRIDAY		
	5:30-6:15am [3]	<b>BOX ‘N BURN</b> Dawn
	5:30-6:15am [1]	<b>BARRE/CORE/STRENGTH</b> Lisa D
	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.
	9:30-10:15am [1]	<b>ZUMBA</b> Sue
	9:30-10:20am [2]	<b>POWER INTERVALS</b> Ali
	9:30-10:15am [3]	<b>BOX ‘N BURN</b> Kalee
	10:30-11:15am [1]	<b>STRENGTH ENDURANCE LITE</b> Sue

TUESDAY		
	5:30-6:15am [3]	<b>BOX ‘N BURN</b> Dawn
	5:30-6:30am [1]	<b>CARDIO STRENGTH</b> Jennifer
	7:00-7:45am [3]	<b>STRENGTH ‘N CORE</b> Lisa D
	8:30-9:15am [1]	<b>BARRE/CORE/STRENGTH</b> Lisa D
	9-9:45am [AS]	<b>CYCLE</b> Anna
	9:30-10:15am [1]	<b>STRENGTH CONDITIONING</b> Leslie
	9:30-10.30am [2]	<b>ZUMBA</b> Ashley
	10:30-11:20am [1]	<b>BALANCE STRENGTH STRETCH</b> Crista
	11:45-12:30pm [1]	<b>LINE DANCING</b> Rob
	5:30-6:30PM [1]	<b>POWER INTERVALS</b> Jaimee
	5:30-6:30PM [2]	<b>CARDIO DANCE</b> Jessica
	5:30-6:15pm [AS]	<b>CYCLE</b> Beth

THURSDAY		
	5:30-6:20am [1]	<b>CARDIO STRENGTH</b> Anne
	5:45-6:30am [AS]	<b>CYCLE</b> Lisa
	6:30-7:15am [3]	<b>BOX ‘N BURN</b> Anne
	7:00-7:50am [1]	<b>BARRE FUSION</b> Julie
	8:00-8:45am [AS]	<b>CYCLE</b> Cassie
	8:30-9:15am [1]	<b>CARDIO CORE</b> Anne
	9:30-10:20am [2]	<b>BARRE FUSION</b> Beth P
	9:30-10:15am [3]	<b>BOX ‘N BURN</b> Anne
	9:30-10:20am [1]	<b>STRENGTH CONDITIONING</b> Leslie
	10:30-11:15am [1]	<b>ZUMBA TONING</b> Crista
	11:15-12pm [2]	<b>QIGONG</b> Elisa
	5:30-6:30pm [1]	<b>CARDIO STRENGTH</b> Jaimee
	5:30-6:15pm [AS]	<b>CYCLE</b> Beth

SATURDAY		
	7:30-8:20am [1]	<b>STRENGTH CONDITIONING</b> Sheeba
	8:30-9:30am [1]	<b>CARDIO STRENGTH</b> Jaimee
	8:30--9:15am [3]	<b>BOX ‘N BURN</b> Rotating Instructors
	8:30-9:15am [AS]	<b>CYCLE</b> Anna (A) / Beth (B)
	9:30-10:30am [3]	<b>BOX ‘N BURN</b> Kalee
	9:30-10:20am [1]	<b>ZUMBA</b> 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.

Effective 12.6.25  
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