

Group Fitness Schedule

SPRING 2026

All classes require advanced sign up on the WSC app or online at wsc.clubautomation.com

MONDAY

5:30—6:20am [1]	CIRCUITS Rotating instructor
5:45-6:30am [AS]	CYCLE Lisa
7:00-7:50am [1]	STRENGTH/CARDIO/CORE Lisa D
8:30-9:15am [1]	HI-LO INTERVALS Jennifer
8:30-9:20am [2]	BARRE FUSION Cori
8:30-9:15am [AS]	CYCLE Anna
9:30-10:20am [1]	POWER INTERVALS Ali
9:30-10:20am [2]	BARRE/CORE/STRENGTH Cori
10:30-11:20am [2]	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 Jen O
8:30-9:15am [AS]	CYCLE Anna
8:30-9:30am [1]	CIRCUITS George
8:30-9:15am [3]	TRX45 Anne
9:30-10:15am [2]	BARRE/CORE/STRENGTH Anne
9:30-10:20am [1]	POWER INTERVALS Ali
10:30-11:15am [2]	CARDIO STRENGTH LITE Jennifer
11:15-12pm [3]	TRX45 Julie Z
5:30-6:30pm [3]	BOX 'N BURN Kalee

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 [3]	CIRCUITS Rotating instructors
8:30-9:30am [2]	BARRE/CORE/STRENGTH Anne
8:30-9:15am [AS]	CYCLE Anna K
8:30-9:15am [1]	STRENGTH ENDURANCE Denise
9:30-10:15am	ZUMBA
9:30-10:20am [2]	POWER INTERVALS Ali
9:30-10:15am [3]	BOX 'N BURN Kalee
10:30-11:15am [1]	BALANCE STRENGTH STRETCH

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
9-9:45am [AS]	CYCLE Anna
9:30-10:15am [1]	STRENGTH CONDITIONING Leslie
9:30-10:30am [2]	ZUMBA Ashley
10:30-11:20am [1]	BALANCE STRENGTH STRETCH Crista
10:30-11:30am	Tai Chi
11:45-12:30pm [1]	LINE DANCING Rob
5:30-6:30PM [1]	POWER INTERVALS Jaimee
5:30-6:30PM [2]	CARDIO DANCE Jessica
5:30-6:15pm [AS]	CYCLE Beth

THURSDAY

5:30-6:20am [1]	CARDIO STRENGTH Rotating Instructors
6:30-7:15am [3]	TRX45 Anne
7:30-8:20am [1]	BARRE FUSION Anne
8:30-9:15am [1]	CARDIO CORE Anne
9:15-10am	TRX45
9:30-10:20am	BARRE FUSION
9:30-10:20am [1]	STRENGTH CONDITIONING Leslie
10:30-11:15am [1]	ZUMBA TONING Crista
11:15-12pm [2]	QIGONG Elisa
5:30-6:15pm [AS]	CYCLE Beth

SATURDAY

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)
9:30-10:30am [3]	BOX 'N BURN Kalee
9:30-10:20am [1]	ZUMBA Ashley

SUNDAY

9-9:45am	CYCLE
9:30-10:20am [1]	STRENGTH ENDURANCE Rotating instructors
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 4.21.26

Updated 4.21.26 11:09am