

Group Fitness Schedule

SUMMER 2026

All classes require advanced sign up on the WSC

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	BOX 'N BURN	
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	BOX 'N BURN	
5:30-6:15am [1]	BARRE/CORE/STRENGTH	Lisa D
6:30-7:15am	STRENGTH CONDITIONING	
7:30-8:20am	CIRCUITS	
8:30-9:30am	BARRE/CORE/STRENGTH	
8:30-9:15am	CYCLE	
8:30-9:15am	STRENGTH ENDURANCE	
9:30-10:15am	ZUMBA	
9:30-10:20am	POWER INTERVALS	
9:30-10:15am	BOX 'N BURN	
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
7:15--8:15am [3]	STRENGTH 'N CORE	George
8:30-9:15am [1]	BARRE/CORE/STRENGTH	Anne
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
5:30-6:15pm [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 [3]	TRX45	Julie Z
9:30-10:20am [2]	BARRE FUSION	Beth P
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
5:30-6:30pm [3]	BOX N BURN	Kalee

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	Lisa (A) / Beth (B)
9:30-10:20am [1]	ZUMBA	Ashley

SUNDAY		
9-9:45am	CYCLE	
9:30-10:20am [1]	STRENGTH ENDURANCE	Sue S
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.