

WSC Group Fitness Schedule

Effective April 2- April 29

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
AM	Studio 1	Studio 2/Spin Room/ Treadmills	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room/ Treadmills	Studio 1	Studio 2/Spin Room/ Treadmills	Studio 1	Studio 2/Spin Room/ Treadmills	Weight Area	Studio 1	Studio 2/Spin Room	Studio 1
5:00	Boot Camp	HardCORE Treadz Emily A.	Body Blast Holly	5:15 Cycle Diane	Boot Camp	TRIPLE 20 (Cycle/TREADZ/ arms&core) Kelly R	Body Blast Holly	5:15 Cycle Diane	Boot Camp	Treadz Emily A.				
5:30			6:15 Beginner's Yoga Michelle B	6:15 Triple G Michelle B			6:15 Yoga Michelle B	Cycle Michelle B		Weight training Emily A.				
6:00														
6:30														
7:00														
7:30													Cycle Fusion Michelle B/ Kelly R	
8:00	High Fitness Carrie	Cycle Theresa	8:15 Barre Carrie		Power Hour Carrie		8:15 Piyo/Barre Christy		Cardio Express Carrie					
8:30			9:15-10 Sensational Seniors Christy				Cycle Theresa	9:15-10:00 Sensational Seniors DRUMS Christy		Triple G Carrie	Cycle Karen		Weekend Warrior See WSC App for detailed class offerings/ Instructor each week	
9:00														
9:30														
10:00														
10:30														
11:00														
11:30														
PM														
12:15			Precision Chisel Michelle R.					Treadz Theresa						
12:45														
1:00														
4:00			Swim Team Dryland Training				Swim Team Dryland Training							
4:30														
5:00	5:15-6 Circuit Kari		Core & More Emily A.		5:15-6:15 Dance Fit Kari		Power Hour Emily A.						Free For Members	
5:30			Dance Fit Kari	Cycle Theresa									\$10 Non-Members	
6:00	6:15 POUND Kelly S.	Cycle Michelle B	6:15 YOGA FLOW Vickie			6:15-7:45 Taekwondo		Insanity LIVE Stacy		Taekwondo				Preregistered Program
6:30														see front desk for details
7:00	Piyo Kelly R.													
7:30														
8:30														
9:00														



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Complex