

WSC Group Fitness Schedule

Effective Feb 5- March 3, 2018

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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	Studio 1	Studio 2/Spin Room
5:00	BOOTCAMP Jeremy	Treadz Emily A.	Body Blast Holly	5:15 Cycle Diane	BOOTCAMP Jeremy	TRIPLE 20 (Cycle/TREADZ/arm s&core) Kelly	Body Blast Holly	5:15 Cycle Diane	BOOTCAMP Jeremy	Treadz Emily A.		
5:30										Cycle Michelle B		
6:00			6:15 Beginner's Yoga Michelle B		6:15 Triple G Michelle B		6:15 Yoga Michelle B					
6:30												
7:00												
7:30												Cycle Fusion Michelle B/Kelly
8:00	HIIT IT Carrie		8:15 Barre Carrie		Power Hour Carrie		8:15 Power/Sculpt Yoga Madalaine		TABATA Carrie			Power Hour Emily A.
8:30	Core & More Carrie	Cycle Theresa				Cycle Theresa				Cycle Karen		
9:00	9:15-10:00 Sensational Seniors Karen						9:15-10:00 Sensational Seniors DRUMS Karen					
9:30												
10:00												
10:30												
11:00												
11:30												
PM												
12:00		12:15 Treadz Michelle B	12:15 MOVE GROOVE & TONE Michelle R		12:15 Pilates Theresa			12:15 Treadz THERESA				
12:45												
1:00												
4:00			Swim Team Dryland Training				Swim Team Dryland Training					
4:30												Free For Members \$10 Non-Members
5:00			Core & More Emily A.				Power Hour Emily A.					Preregistered Program see front desk for details
5:30	5:15-6:15 Circuit Kari		Dance Fit Kari	Cycle Theresa	5:15-6:15 Fit Kari	Dance Kari		Cycle Theresa				
6:00		Cycle Michelle B	6:15 YOGA FLOW Vickie				Insanity LIVE Stacy			Taekwondo		
6:30						6:15-7:45 Taekwondo						
7:00												
7:30	Piyo Kelly											
8:30												
9:00	MOVE GROOVE & TONE Michelle R											



RICHARD E. WORKMAN
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Complex