

WSC Group Fitness Schedule

Effective March 4- March 31

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		HardCORE Treadz Emily A.	Body Blast Holly	5:15 Cycle Diane		TRIPLE 20 (Cycle/TREADZ/arm s&core) Kelly	Body Blast Holly	5:15 Cycle Diane		Treadz A. Emily				
5:30										Cycle Michelle B	Weight training Emily A.			
6:00			6:15 Beginner's Yoga Michelle B		6:15 Triple G Michelle B		6:15 Yoga Michelle B							
6:30														
7:00													Cycle Fusion Michelle B/Kelly	
7:30														
8:00	8:15 High Fitness Carrie		8:15 Barre Carrie		Power Hour Carrie		8:15 Power/Sculpt Yoga Madalaine		Cardio Express Carrie			Power Hour Emily A.		
8:30		Cycle Theresa				Cycle Theresa			Triple G Carrie		Cycle Karen			
9:00	9:15-10 Sensational Seniors Karen/Christy						9:15-10:00 Sensational Seniors DRUMS Karen/Christy							
9:30														
10:00														
10:30														
11:00														
11:30														
PM														
12:15							Treadz Theresa							
12:45														
1:00														1-1:45 Triple G Michelle R
4:00			Swim Team Dryland Training				Swim Team Dryland Training							
4:30														
5:00	5:15-6:15 Circuit Kari		Core & More Emily A. Dance Fit Kari		5:15-6:15 Dance Fit Kari		Power Hour Emily A.					Free For Members \$10 Non-Members		
5:30				Cycle Theresa								Preregistered Program		
6:00		Cycle Michelle B	6:15 YOGA FLOW Vickie		6:15-7:45 Taekwondo		Insanity LIVE Stacy			Taekwondo		see front desk for details		
6:30														
7:00														
7:30	Piyo Kelly													
8:30														
9:00														



RICHARD E. WORKMAN
Sports & Wellness
Complex