

WSC Group Fitness Schedule

Effective Dec 4-30, 2017

See WSC APP or Front Desk for modified schedule the week of Christmas

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room
5:00	BOOTCAMP Jeremy		Body Blast Holly	5:15 Cycle Diane	BOOTCAMP Jeremy	Cycle Fusion Kelly	Body Blast Holly	5:15 Cycle Diane	BOOTCAMP Jeremy			
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												Cycle Fusion Michelle B/Kelly
7:30												
8:00	Triple 20 Christy	8:15-9:15 Athletic Aqua Elizabeth	8:15 Barre Carrie		Power Hour Carrie		8:15 Barre Hoppin' Christy		TABATA Carrie		Weekend Warrior	
8:30			Cycle Theresa			Cycle Theresa/Karen		9:15-10:00 Sensational Seniors DRUMS Christy		Cycle Karen		Rotating classes & instructors. See WSC app for weekly details on class offerings & times
9:00	9:15-10:00 Sensational Seniors Christy											
9:30												
10:00												
10:30												
11:00												
11:30												
PM												
12:00		12:15 Treadz Michelle B				12:15 Treadz THERESA						
12:45												
1:00												
4:00			Swim Team Dryland Training				Swim Team Dryland Training				*takes place in the Competition Pool and surrounding deck and is Free for members, \$10 non members	
4:30											Free For Members	
5:00	5:15 Circuit Kari		Core & More Kari		5:15 Dance Fit Kari		Power Hour Carrie				\$10 Non-Members	
5:30			Dance Fit Kari								Preregistered Program	
6:00			6:15 YOGA FLOW Vickie								see front desk for details	
6:30		Cycle Michelle B			Barre Carrie							
7:00	Piyo Fusion Kelly											
7:30												
8:30	MOVE GROOVE &TONE Michelle R						MOVE GROOVE &TONE Michelle R					
9:00												



RICHARD E. WORKMAN
Sports & Wellness
Complex

