

WSC Group Fitness Schedule

Effective July 2 - Aug 4, 2018

Follow the Workman Sports Complex Facebook page and App for detailed information on class changes, subs, & cancellations

TIME	MONDAY		TUESDAY		Gym	WEDNESDAY		THURSDAY		GYM	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			Power Hour Emily A.	5:15 Cycle Diane	ARMY PT	Circuit/Cycle Combo Kelly R	Circuit/Cycle Combo Kelly R	HIIT Kelly R	5:15 Cycle Diane	ARMY PT	Power Hour Emily A.			
5:30												Cycle Michelle B		
6:00			6:15 Beginner's Yoga Michelle B					6:15 Yoga Michelle B						
6:30														
7:00														Cycle Fusion Michelle B
7:30														
8:00	Power Hour Carrie					High Fitness Carrie					8-8:45 Barre Carrie			
8:30		Cycle Theresa					Cycle Theresa					Cycle Karen	Occasional Saturday classes are listed on the WSC App	
9:00	9:15-10 Sensational Seniors Karen							9:15-10:00 Sensational Seniors DRUMS Julie Koester						
9:30														
10:00														
10:30														
11:00														
11:30														
PM														
12:15				Treadz Theresa				Treadz Theresa						
12:45														
1:00														
4:00			Swim Team Dryland Training					Swim Team Dryland Training					ALL Regular classes canceled July 4th; see WSC App for any special classes on this day.	
4:30													Free For Members	
5:00	5:15-6 Circuit Kari /Kenny		Core & More Emily A.			5:15-6:15 Dance Fit Kari/Shari		Power Hour Emily A.					\$10 Non-Members	
5:30			Dance Fit Kari/Shari										Preregistered Program	
6:00	6:15 POUND Kelly S.	Cycle Michelle B	6:15 YOGA FLOW Vickie	Cycle Theresa		6:15-7:45 Taekwondo		Insanity LIVE Stacy			Taekwondo		see front desk for details	
6:30														
7:00														
7:30														
8:30														
9:00														



RICHARD E. WORKMAN
Sports & Wellness
Complex