

WSC Group Fitness Schedule

Effective June 3-June 30th, 2018

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

TIME	MONDAY		TUESDAY			WEDNESDAY		THURSDAY			FRIDAY		SATURDAY	
AM	Studio 1	Studio 2/Spin Room/ Treadmills	Studio 1	Studio 2/Spin Room	Gym	Studio 1	Studio 2/Spin Room/ Treadmills	Studio 1	Studio 2/Spin Room/ Treadmills	Gym	Studio 1	Studio 2/Spin Room/ Treadmills	Studio 1	Studio 2/Spin Room
5:00	5:15 Insanity** Carrie (starts June 11)		Power Hour Emily A.	5:15 Cycle Diane		5:15- Circuit/Cyle Combo Michelle B	5:15- Circuit/Cyle Combo Kelly R	5:15 HIIT Kelly R	5:15 Cycle Diane		Power Hour Emily A.	Cycle Michelle B		
5:30										ARMY PT				
6:00	Body Sculpting** Carrie (starts June 11)		6:15 Beginner's Yoga* Michelle B					6:15 Yoga* Michelle B						
6:30														
7:00											Core & More Carrie			Cycle Fusion Michelle B/ Kelly R
7:30											HighFitness Carrie			
8:00	8:15- Tabata Christy	Cycle Theresa	8:15 Barre Carrie (not offered every week; see app for details)			Treadz & More Christy (starts on Treadmills, finishes in Studio 1)	Cycle Theresa	8:15 Piyo/Barre Christy				Cycle Karen		
8:30														
9:00	9:15-10 Sensational Seniors Christy					9:15-10 Sensational Seniors Christy		9:15-10:00 Sensational Seniors DRUMS Christy						
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		* only offered the first & last week of June	
4:30													\$10 Non-Members	
5:00	5:15-6 Circuit Kari/Kenny		Core & More Emily A.			5:15-6:15 Dance Fit Kari		Power Hour Emily A.					Preregistered Program	
5:30			Dance Fit Kari											see front desk for details
6:00	6:15 POUND Kelly S.	Cycle Michelle B	6:15 YOGA FLOW Vickie			6:15-7:45 Taekwondo		Insanity Stacy			Taekwondo			
6:30														
7:00														
7:30														
8:30														
9:00														



RICHARD E. WORKMAN
Sports & Wellness
Complex