

WSC Group Fitness Schedule

Effective April 30- June 3, 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	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
5:00	Boot Camp	HardCORE Treadz Emily A.	Body Blast Holly	5:15 Cycle Diane	Boot Camp	TRIPLE 20 (Cycle/TREADZ/ arms&core) Kelly R	Body Blast Holly	5:15 Cycle Diane	Boot Camp	Treadz Emily A.			
5:30			6:15 Beginner's Yoga Michelle B				6:15 Triple G Michelle B			6:15 Yoga Michelle B		Cycle Michelle B	Weight training Emily A.
6:00													
6:30													
7:00													
7:30													Cycle Fusion Michelle B/ Kelly R
8:00	8:15 Cardio Combo Christy	Cycle Theresa	8:15 Barre Carrie		Power Hour Carrie	Cycle Theresa	8:15 Piyo/Barre Christy		High Fitness Carrie	Cycle Karen		Occasional Saturday classes are listed on the WSC App	
8:30	9:15-10 Sensational Seniors Christy				9:15-10 Sensational Seniors Christy			9:15-10 Sensational Seniors DRUMS Christy					
9:00													
9:30													
10:00													
10:30													
11:00													
11:30													
PM													
12:15			Precision Chisel Michelle R.										
12:45													
1:00													
4:00			Swim Team Dryland Training				Swim Team Dryland Training						* no class May 1,
4:30													Free For Members
5:00	5:15-6 Circuit Kari		Core & More Emily A.		5:15-6:15 Dance Fit Kari		Power Hour Emily A.						\$10 Non-Members
5:30			Dance Fit Kari										Preregistered Program
6:00	6:15-6:45 POUND Kelly S.	Cycle Michelle B	6:15 YOGA FLOW Vickie		6:15-7:45 Taekwondo		Insanity LIVE Stacy	Cycle Theresa	Taekwondo				see front desk for details
6:30													
7:00	Piyo Kelly R.												
7:30													
8:30													
9:00													



RICHARD E. WORKMAN
Sports & Wellness
Complex