

# WSC Group Fitness Schedule

Effective Oct 1-Nov 3 , 2018

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

TIME	MONDAY		TUESDAY		WEDNESDAY		WEIGHT ROOM AREA	THURSDAY		FRIDAY		SATURDAY	
AM	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/Treadmills	Studio 1	Studio 2/Spin Room/Treadmills	Studio 1	Studio 2/Spin Room
5:00	5:15 Kickboxing /Step Combo Stacia		Power Hour Emily A.	5:15 Cycle Diane		5:15-6:15 Triple 20 (cycle/treadz/weights) Kelly		5:15 HIIT Kelly R	5:15 Cycle Diane	Power Hour Emily A.		Cycle Michelle B	
5:30													
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	8:15 Power Hour Carrie	Cycle Theresa	8:15 Barre Carrie		8:15 High Fitness Carrie	Cycle Theresa		8:15 LIT (Low Impact Toning) Christy	Sunrise Strength Patrick	Cycle Karen	Kickboxing /Step Combo Stacia		
8:30													
9:00	9:15-10 Sensational Seniors Christy							9:15-10:00 Sensational Seniors DRUMS Christy			Check App for any additional SAT class offerings that are only offered periodically		
9:30													
10:00							SIMPLE CIRCUIT Patrick						
10:30													
11:00													
11:30													
PM													
12:00	12:15-12:45 PiYO Leah B.		Treadz Kari C.		Power 1/2 Hour Carrie			Core & More Carrie					
12:30													
1:00													
4:00												NEWLY ADDED CLASSES	
4:30												Free For Members	
5:00	5:15-6 Circuit Kari		Core & More Emily A. Dance Fit Kari		5:15-6:15 Dance Fit Kari	Cycle-Kickboxing combo Stacia		Power Hour Emily A.				\$10 Non-Members	
5:30													
6:00	6:15 POUND Kelly S.	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	Kickboxing /Step Combo Stacia												
7:30													
8:30													
9:00													



**RICHARD E. WORKMAN**  
Sports & Wellness  
Complex