

WSC Group Fitness Schedule

Effective Sept 4- Sept 29 , 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/ Room/Treadmills	Studio 1	Studio 2/Spin Room/ Treadmills		Studio 1	Studio 2/Spin Room/ Room/Treadmills	Studio 1	Studio 2/Spin Room/ Room/Treadmills	Studio 1	Studio 2/Spin Room
5:00	5:15-6 Kickboxing 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.			
5:30													
6:00	6:15 Sunrise Strength Patrick		6:15 Beginner's Yoga Michelle B		6:15 Sunrise Strength Patrick			6:15 Yoga Michelle B					
6:30													
7:00													
7:30													Cycle Fusion Michelle B
8:00	8:15 Power Hour Carrie		8:15 Barre Carrie		8:15 High Fitness Carrie			8:15 Treadz Christy	Sunrise Strength Patrick		Cycle Karen	Kickboxing /Step Combo Stacia	
8:30		Cycle Theresa								Cycle Theresa			
9:00	9:15-10 Sensational Seniors Christy							9:15 SIMPLE CIRCUIT Patrick	9:15-10:00 Sensational Seniors DRUMS Christy				
9:30													
10:00													
10:30													
11:00													
11:30													
PM													
12:00	12:15-12:45 Insanity LIVE Leah		Cardio BLITZ Carrie		Athletic Aesthetic Patrick			Core & More Carrie					
12:30													
1:00													
4:00													
4:30													
5:00	5:15-6 Circuit Kenny/Kari		Core & More Emily A. Dance Fit Shari/Kari		5:15-6:15 Dance Fit Shari/Kari			Power Hour Emily A.					
5:30									Cycle-Kickboxing combo Stacia				
6:00	6:15 POUND Kelly S.	Cycle Michelle B	6:15 YOGA FLOW Vickie		6:15-7:45 Taekwondo			Insanity LIVE Stacy		Taekwondo			
6:30													
7:00													
7:30													
8:30													
9:00													

Check App for any additional SAT class offerings that are only offered periodically

*ALL REGULAR CLASSES CANCELLED ON LABOR DAY, MONDAY SEPT 3. CHECK APP FOR SPECIAL OFFERINGS THAT DAY

NEWLY ADDED CLASSES
classes with a NEW TIME
Free For Members
\$10 Non-Members
Preregistered Program
see front desk for details

