

WSC Group Fitness Schedule

Effective Nov 6-Dec 2, 2017 *NO REGULAR CLASSES NOV 23-34*

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room	Studio 1	Studio 2/Spin Room
5:00			Body Blast Holly	5:15 Cycle Diane		Cycle Fusion Kelly	Body Blast Holly	5:15 Cycle Diane				
5:30										Cycle Michelle		
6:00			6:15 Beginner's Yoga Michelle		6:15 Triple G Michelle		6:15 Yoga Michelle					
6:30												
7:00												Cycle Fusion Michelle/Kelly
7:30												
8:00	Core & More - Michelle		8:15 Barre Carrie		Power Hour Carrie		8:15 Barre Hoppin' Christy		TABATA Carrie		Weekend Warrior	
8:30	8:15-9:15 *Piyo/Athletic Aqua Fusion Christy/Elizabeth	Cycle Theresa				Cycle Theresa/Karen				Cycle Karen	Rotating classes & instructors. See WSC app for weekly details on class offerings & times	
9:00	9:15-10:00 Sensational Seniors Christy						9:15-10:00 Sensational Seniors DRUMS Christy					
9:30												
10:00											Jr NBA Cheer	
10:30												
11:00												
11:30												
PM												
12:00		12:15 Treadz Michelle B				12:15 Treadz THERESA						
12:45												
1:00												
4:00			Swim Team Dryland Training				Swim Team Dryland Training				*Piyo/ Aqua Fusion takes place in the Competition Pool and surrounding deck and is Free for members, \$10 non members	
4:30											Free For Members	
5:00	5:15 Circuit Kari		Core & More Kari		5:15 Dance Fit Kari		Power Hour Carrie		Jr NBA Cheer		\$10 Non-Members	
5:30			Dance Fit Kari								Preregistered Program	
6:00		Cycle Michelle	6:15 YOGA FLOW Vickie								see front desk for details	
6:30					Barre Carrie							
7:00	Piyo Fusion Kelly											
7:30												
8:00												



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