

WSC Group Fitness Schedule

Effective Sept 5- 30, 2017

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	Boot CAMP Jeremy		Body Blast Holly	5:15 Cycle Diane	Boot CAMP Jeremy	Cycle Fusion Kelly	Body Blast Holly	5:15 Cycle Diane	Boot CAMP Jeremy			
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												
7:30												Cycle Fusion Michelle/Kelly
8:00	Core & More -Deb		8:15 Barre Carrie		Power Hour Deb		8:15 Barre Hoppin' Christy		TABATA Carrie			
8:30	Cardio Express Christy	Cycle Theresa				Cycle Theresa/Karen				Cycle Karen		
9:00	9:15-10:00 Sensational Seniors Christy						9:15-10:00 Sensational Seniors Christy					
9:30												
10:00												
10:30												
11:00												
11:30												
PM												
12:00		12:15 Treadz Deb				12:15 Treadz Deb						
12:45												
1:00												
4:00												
4:30												
5:00			Core & More Deb		5:15 Dance Fit Kari		Power Hour Deb					Free For Members
5:30	5:15 Circuit Kari		Dance Fit Kari									\$10 Non-Members
6:00												Preregistered Program
6:30		Cycle Michelle	6:15 YOGA FLOW Vickie				Insanity Stacy					see front desk for details
7:00	Barre/Piyo Fusion Kelly						Restorative Yoga Jessica					
7:30												
8:00												



RICHARD E. WORKMAN
Sports & Wellness
Complex