



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

# December

## Fitness Schedule

EFFECTIVE: Dec 3- Jan 5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM Power Hour Emily STUDIO 2	5AM Body Blast Holly	5:15-6:15AM Triple 20 Kelly (CYCLE/TREADZ/WEIGHTS)	5AM Body Blast Holly	5AM Treadz & Weightlifting Emily	6:15-6:45 AM TREADZ Emily <i>*starts DEC 15 - no class Dec 8*</i>
8AM AquaFit Combo Bonnie	5:15AM Cycle Diane	8 AquaFit Combo Bonnie	5:15AM Cycle Diane	5:30AM Cycle Michelle B	7-8AM Cycle Fusion Michelle
8:15AM Power Hour Carrie	6:15AM Beginner's Yoga Michelle	8:15AM High Fitness Carrie	6:15AM Yoga Michelle	8:15 Tabata Carrie	8AM Kickboxing-Step Stacia B.
8:30 AM Cycle Theresa	8:15AM Barre Carrie	8:30AM Cycle Theresa	8:15AM PiYO Christy	8AM AquaFit Combo Bonnie	9AM Aqua Stix Kelly S
9am Aqua Fitness Michelle	9AM Aqua Tai Chi Bonnie	9AM Aqua Fitness/Stretch Annette	9AM Aqua Tai Chi Bonnie	8:30AM Cycle Karen	9:30AM Aqua Zumba Kelly S
10AM Aqua Yoga Michelle	10AM Aqua Low Impact Bonnie	9:15 STRENGTH & STRETCH Christy	9:15 Sensational Seniors DRUMS Christy	9AM Aqua Fitness/Stretch Annette	
9:15AM Sensational Seniors Christy	12-12:30 Cycle Rob	12-12:30PM POWER 1/2 Hour Carrie	10AM Aqua Fitness Celine	10AM Aqua Fitness Celine	
4:15PM Aqua Fitness Celine	5-5:30PM Core & More Emily	5:15-6 PM Dance Fit Kari	12-12:30PM Track Attack Carrie	4:15PM Aqua Fitness Celine	
5:15-6 PM Dance Fit Kari	5:30-6:15PM Basic BootCamp Stacia	5:30PM Cyle Kickboxing Combo Stacia	5-6PM Power Hour Emily		
6PM Cycle Michelle	6PM Deep Water Aqua Michelle	5:30 PM Aqua Stix Kelly S	6-7PM Insanity Stacy		
6:15PM Kickboxing-Step Stacia B.	6:15PM Yoga Flow Vickie D	6 PM Aqua Zumba Kelly S	5:30-6:30PM ENDURANCE CYCLE ROB		

SENIORS
Lunchtime Express
All fitness level; modifications given
CYCLE
AQUA

- \* ALL AQUA CLASSES ARE TAUGHT IN THE RECREATION POOL EXCEPT FOR DEEP WATER AQUA (TUESDAYS @6PM) MEETS IN THE COMPETITION POOL
- \* ALL CLASSES THAT INCLUDE CYCLING ARE TAUGHT IN STUDIO 2
- \* ANY TYPE OF TREADZ CLASS MEETS ON THE TREADMILLS OUTSIDE OF STUDIO 2
- \* ALL OTHER CLASSES ARE IN STUDIO 1, UNLESS NOTED

Download the Workman Sports Complex APP to view detailed class descriptions and last minute class changes.

**PUNCHCARDS ARE STILL BEING SOLD & EXPIRE 12/31; GET TO CLASS TO USE THEM UP OR SHARE WITH A FRIEND.**

**LOOK FOR UPCOMING WSC APPAREL FROM TREIGN. THESE ITEMS WOULD MAKE GREAT CHRISTMAS GIFTS.**

**REGISTRATION WILL BEGIN MID DEC FOR OUR ROUTE 66 CHALLENGE. MORE DETAILS WILL BE POSTED SOON.**

**THE COMPLEX IS CLOSED ON CHRISTMAS DAY, DEC 25th.**

**TRX CLASSES ARE COMING IN JANUARY. WATCH FOR MORE INFO & DETAILS ON HOW TO REGISTER.**

**STUDENT HOLIDAY MEMBERSHIPS ARE AVAILABLE AT THE FRONT DESK. THEY ARE VALID 12/15-1/15. YOU MUST SHOW A STUDENT ID TO PURCHASE ONE.**

**DID YOU KNOW YOU CAN PURCHASE GIFT CERTIFICATES IN ANY DENOMINATION FROM WSC? THEY ARE A GREAT GIFT OPTION FOR THE ACTIVE FAMILY TO USE TO OFFSET ANY OF OUR FEES.**

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 Instagram: WorkmanSportsco

