

Group Fitness Schedule

FALL 2026

All classes require advanced sign up on the WSC app or online at wsc.clubautomation.com

MONDAY		
	5:30—6:20am [1]	CIRCUITS Rotating instructor
	5:45-6:30am [AS]	CYCLE Beth C
	7:00-7:50am [1]	STRENGTH/CARDIO/CORE Lisa D
	8:30-9:15am [1]	HI-LO INTERVALS Jennifer
	8:30-9:20am [2]	BARRE FUSION Cori
	9:30-10:15am [AS]	CYCLE Anna
	9:30-10:20am [1]	POWER INTERVALS Ali
	9:30-10:20am [2]	BARRE/CORE/STRENGTH Cori
	10:30-11:20am [2]	CARDIO STRENGTH LITE Jen O / Lisa D (B)
	5:30-6:15pm	BOX ‘N BURN
	5:30-6:30pm [1]	CORE BEATS Ashley

WEDNESDAY		
	5:30-6:20am [1]	STRENGTH ENDURANCE Lisa D
	6:30-7:30am [2]	TOTAL BODY STRENGTH Leslie
	5:45-6:30am [AS]	Cycle Beth
	7:00-8:00am [1]	HI-LO INTERVALS Jen O
	7:30-8:30am [2]	BARRE/CORE/STRENGTH Lisa
	8:30-9:15am [AS]	CYCLE Anna
	8:30-9:30am [1]	CIRCUITS George
	8:30-9:15am [3]	TRX45 Anne
	9:30-10:15am [2]	BARRE/CORE/STRENGTH Anne
	9:30-10:20am [1]	POWER INTERVALS Ali
	10:30-11:15am [2]	CARDIO STRENGTH LITE Jennifer
	5:30-6:30pm [3]	BOX ‘N BURN Kalee

FRIDAY		
	5:30-6:15am	BOX ‘N BURN
	5:30-6:15am [1]	BARRE/CORE/STRENGTH Lisa D
	6:30-7:15am	STRENGTH CONDITIONING
	7:30-8:20am	CIRCUITS
	8:30-9:30am	BARRE/CORE/STRENGTH
	8:30-9:15am	CYCLE
	8:30-9:15am	STRENGTH ENDURANCE
	9:30-10:15am	ZUMBA
	9:30-10:20am	POWER INTERVALS
	9:30-10:15am	BOX ‘N BURN
	10:30-11:15am [1]	BALANCE STRENGTH STRETCH

TUESDAY		
	5:30-6:15am [3]	BOX ‘N BURN Dawn
	5:30-6:30am [1]	CARDIO STRENGTH Jennifer
	6:30-7:30am [2]	BALANCE CORE STRETCH Tony
	7:30-8:30am [1]	STRENGTH ENDURANCE Sue S
	8:30-9:15am [1]	BARRE/CORE/STRENGTH Sue S
	9:30-10:15am [AS]	CYCLE Anna
	9:30-10:15am [1]	STRENGTH CONDITIONING Leslie
	9:30-10.30am [2]	ZUMBA Ashley
	10:30-11:20am [1]	BALANCE STRENGTH STRETCH Crista
	10:30-11:30am [3]	Tai Chi Rob
	11:45-12:30pm [1]	LINE DANCING Rob
	6-6:45pm [AS]	CYCLE Beth

THURSDAY		
	7--7:50am [1]	CARDIO CORE Cori
	8:30-9:20am [1]	BARRE FUSION Anne
	9:30-10:20am	BARRE FUSION
	9:30-10:20am [1]	STRENGTH CONDITIONING Leslie
	10:30-11:15am [1]	ZUMBA TONING Crista
	11:15-12pm [2]	QIGONG Elisa
	5:30-6:30pm [3]	BOX N BURN Kalee

SATURDAY		
	8:30-9:30am	CARDIO STRENGTH
	8:30--9:15am [3]	BOX ‘N BURN Rotating Instructors
	8:30-9:15am [AS]	CYCLE Lisa
	9:30-10:20am [1]	ZUMBA Ashley

SUNDAY		
	9-9:45am	CYCLE
	9:30-10:20am [1]	STRENGTH ENDURANCE Sue S
	9:30-10:30am [3]	BOX N BURN Craig

Class registration will open at 12pm the day prior.

A waitlist option is now available for classes that are full. If you elect to be placed on the waiting list, you will receive an email from the system upon someone cancelling their sign-up. If you do not respond within 15 minutes of receiving the email, that held spot will go to the next person on the waitlist.

For up-to-date instructor scheduling please refer to the WSC App and class listings.

Class offerings and instructor scheduling are subject to change.