

# Fall Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BOOT CAMP</b> JOE 5:15 A.M.						
	<b>TOTAL BODY CONDITIONING</b> PATTY 8:30 A.M.		<b>CYCLING</b> SHANNI 8:15 A.M.			<b>LES MILLS BODYPUMP</b> BECKY 8:30 A.M.
		<b>LOW IMPACT INTERVAL</b> CONNIE 9 A.M.	<b>VINYASA YOGA</b> CONNIE 9 A.M.			
<b>WARRIOR SCULPT</b> KIM 9:30 A.M.	<b>TAI CHI</b> MORRIS 9:30 A.M.					<b>ALL LEVELS YOGA</b> KRISTINA 9:30 A.M.
<b>WATER WALKING PLUS</b> MARJIE 12:15 P.M.		<b>GENTLE YOGA</b> CONNIE 10:45 A.M.	<b>GYRO-TONE</b> MELANIE 10:45 A.M.	<b>FIT FOR LIFE</b> MEGAN 10:45 A.M.	<b>CARDIO CROSS TRAIN</b> BECKY 10 A.M.	
<b>ARTHRITIS LAND</b> MARJIE 1:30 P.M.				<b>TAI CHI / QIGONG</b> BOB 12:30 P.M.		
<b>CYCLING</b> CONNIE 6 P.M.	<b>ZUMBA®</b> JASMINE 6 P.M.	<b>TOTAL BODY CONDITIONING</b> ANOUK 4:30 P.M.	<b>CORE AND MORE</b> ANOUK 6 P.M.		<b>Studio A Open Availability:</b>  Studio A is open for member use up to 10 minutes prior to class start time.  <i>Please do not set up equipment for classes until 10 minutes prior to start time of class.</i>	

- Studio A
- Basketball Court
- Outdoor Class
- Group Exercise Pool

Weekly schedule/instructor is subject to change based on participation and instructor availability. Regular studio classes are 45 minutes long. Cycling classes are 45 minutes long. Express classes are 30 minutes in length unless otherwise noted. View online schedule for up-to-date information at [wgr.VirtuaFitness.org](http://wgr.VirtuaFitness.org)

Registration for classes is strongly encouraged to ensure your spot in class. Class sizes are limited due to capacity restrictions.

**FACILITY HOURS:**  
 Monday–Thursday 5 A.M. – 8 P.M.  
 Friday 5 A.M. – 8 P.M.  
 Saturday–Sunday 7 A.M. – 4 P.M.



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- Studio A
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