

# Winter Group Exercise Schedule

Schedule Dates  
January 4 - February 28

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>BUNZ AND GUNZ</b> KIERSTIN 8:15 A.M. ★		<b>CYCLING</b> SHANNI 8:15 A.M. ⚠️		<b>LESMILLS BODYPUMP</b> MEGAN 8 A.M. ★			
<b>PUMP AND PEDAL</b> KIERSTIN 9 A.M. ★	<b>AQUA POWER HOUR</b> ALX 9:30 A.M. (60 MIN) ★	<b>AQUA STRENGTH CONDITIONING</b> ALX 9 A.M. ★	<b>TAI CHI</b> MORRIS 9 A.M.	<b>LOW IMPACT INTERVAL</b> CONNIE 9 A.M.		<b>VINYASA YOGA</b> CONNIE 9 A.M. (60 MIN)		<b>LESMILLS CXWORX</b> MEGAN 9 A.M. ★		<b>LESMILLS BODYPUMP</b> NICOLE 9 A.M. ★	<b>LESMILLS BODYPUMP</b> BECKY 9 A.M.
<b>WARRIOR SCULPT</b> KIM 9:30 A.M. ⚠️		<b>PILATES MAT</b> DEBBIE 9:45 A.M. ★		<b>CYCLING</b> KIERSTIN 9:15 A.M. ★	<b>AQUA INTERVAL</b> CONNIE 10 A.M.	<b>LESMILLS CXWORX</b> DEBBIE 9:45 A.M. ★		<b>H2O HIIT</b> MARIANNE 9 A.M.		<b>AQUA POWER MIXX</b> NICOLE 10 A.M. ★	<b>ALL LEVELS YOGA</b> KRISTINA 9:30 A.M.
<b>ALL LEVELS YOGA</b> CONNIE 10:45 A.M. (60 MIN) ★		<b>FIT 4 LIFE</b> MEGAN 10:45 A.M. ★		<b>GENTLE YOGA</b> CONNIE 10:45 A.M. (60 MIN)		<b>BARRE / LATTES</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. (75 MIN) ⚠️	
<b>WATER WALKING PLUS</b> MARJIE 12:15 P.M.		<b>AQUA SENIOR FIT</b> DEBBIE 12:15 P.M. ★		<b>WATER WALKING PLUS</b> JOAN 12:15 P.M. ★		<b>AQUA SENIOR FIT</b> DEBBIE 12:15 P.M. ★	<b>CHAIR YOGA</b> MELANIE 12:30 P.M.		<b>SENIOR FIT &amp; FUN</b> NICOLE 11 A.M. ★		
<b>ARTHRITIS CHAIR STRENGTH</b> MARJIE 1:30 P.M.		<b>TOTAL BODY BARRE</b> PATTI 4:30 P.M. ★		<b>TOTAL BODY CONDITIONING</b> ANOUK 4:30 P.M.		<b>AQUA MIXX</b> ALX 5 P.M. ★		<b>TAI CHI / QIGONG</b> BOB 12:30 P.M.		Studio A Open Availability:  Studio A is open for member use up to 10 minutes prior to class start time.  Please do not set up equipment for classes until 10 minutes prior to start time of class.	
<b>ZUMBA®</b> MINNIE 5:30 P.M. ★	<b>CYCLING</b> CONNIE 6 P.M. ⚠️	<b>ZUMBA®</b> JASMINE 6 P.M.				<b>CORE AND MORE</b> ANOUK 6 P.M.					
<b>CARDIO CROSS TRAIN</b> BECKY 6 P.M. (60 MIN) ★				<b>LESMILLS BODYPUMP</b> BECKY 6 P.M. ★	<b>AQUA CARDIO TONE</b> ALX 6 P.M.						

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. Classes located on the Basketball Court are 60 minutes in length. 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)

- Studio A
- Mind Body Studio
- Basketball Court
- Cycling Studio
- Group Exercise Pool
- ★ New Classes

⚠️ This is considered a high intensity class. Please be aware that others around you may remove their face masks.

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

updated 1/6/21

WGR-1411513\_0121

**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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<b>PUMP AND PEDAL</b> KIERSTIN 9 A.M. ⚠️ ★	<b>AQUA POWER HOUR</b> ALX 9:30 A.M. (60 MIN) ★	<b>AQUA STRENGTH CONDITIONING</b> ALX 9 A.M. ★	<b>TAI CHI</b> MORRIS 9 A.M.	<b>LOW IMPACT INTERVAL</b> CONNIE 9 A.M.	<b>VINYASA YOGA</b> CONNIE 9 A.M. (60 MIN)	<b>LES MILLS BODYPUMP</b> NICOLE 9 A.M. ★	<b>LES MILLS BODYPUMP</b> BECKY 9 A.M.
<b>WARRIOR SCULPT</b> KIM 9:30 A.M. ⚠️	<b>PILATES MAT</b> DEBBIE 9:45 A.M. ★	<b>CYCLING</b> KIERSTIN 9:15 A.M. ⚠️ ★	<b>AQUA INTERVAL</b> CONNIE 10 A.M.	<b>LES MILLS CXWORX</b> DEBBIE 9:45 A.M. ★	<b>H2O HIIT</b> MARIANNE 9 A.M.	<b>AQUA POWER MIXX</b> NICOLE 10 A.M. ★	<b>ALL LEVELS YOGA</b> KRISTINA 9:30 A.M.
<b>ALL LEVELS YOGA</b> CONNIE 10:45 A.M. (60 MIN) ★	<b>FIT 4 LIFE</b> MEGAN 10:45 A.M. ★	<b>GENTLE YOGA</b> CONNIE 10:45 A.M. (60 MIN)	<b>BARRE / LATTES</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. (75 MIN) ⚠️		
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<b>ZUMBA®</b> MINNIE 5:30 P.M. ★	<b>CYCLING</b> CONNIE 6 P.M. ⚠️	<b>ZUMBA®</b> JASMINE 6 P.M.	<b>CYCLING</b> ANOUC 5:45 P.M. ⚠️ ★	<b>CORE AND MORE</b> ANOUC 6 P.M.			
<b>CARDIO CROSS TRAIN</b> BECKY 6 P.M. (60 MIN) ⚠️ ★		<b>LES MILLS BODYPUMP</b> BECKY 6 P.M. ★	<b>AQUA CARDIO TONE</b> ALX 6 P.M.				

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