

Spring Group Exercise Schedule

Schedule Dates
April 5 - June 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TOTAL BODY CONDITIONING PATTY 8:30 A.M.	BUNZ AND GUNZ KIERSTIN 8:30 A.M.		GENTLE YOGA CHRIS 8:00 A.M. ★	LES MILLS BODYPUMP NICOLE 9 A.M. ⚠	
CYCLING SHANNI 9:15 A.M. ★ ⚠	TAI CHI MORRIS 9 A.M.	LES MILLS BODYPUMP JOYCE 9:30 A.M. ★ ⚠	VINYASA YOGA CONNIE 9:30 A.M. (60 MIN) ⚠	LES MILLS BODYPUMP MEGAN 8 A.M. ⚠	ALL LEVELS YOGA CHRISTINE 9:30 A.M. (60 MIN) ★ ⚠	LES MILLS BODYPUMP BECKY 9 A.M. ⚠
YIN-YASA YOGA SUE 9:30 A.M. ★	CYCLING KIERSTIN 9:15 A.M. ★ ⚠	LES MILLS CORE JOYCE 10:30 A.M. ★ ⚠	CYCLING KIERSTIN 9:15 A.M. ⚠	LES MILLS CORE MEGAN 9 A.M.	CYCLING NANCY 9:30 A.M. (STARTING 4/17) ★ ⚠	ALL LEVELS YOGA KRISTINA 9:30 A.M.
BANDS, BALLS, AND BELLS KIERSTIN 9:15 A.M. ★ ⚠	FIT 4 LIFE MEGAN 10:45 A.M.	GENTLE YOGA CONNIE 10:45 A.M. (60 MIN) SR. CHAIR CHALLENGE MARJIE 11:15 A.M. ★	BARRE / LATTES MELANIE 10:45 A.M.	FIT 4 LIFE MEGAN 10:45 A.M.	CARDIO CROSS TRAIN BECKY 10 A.M. (75 MIN) ⚠	
ALL LEVELS YOGA CONNIE 10:45 A.M. (60 MIN)		HEALTHY JOINTS GISELE 1 P.M. (60 MIN) (STARTING 5/19)	CHAIR YOGA MELANIE 11:45 A.M.		SENIOR FIT & FUN NICOLE 11 A.M.	
ARTHRITIS CHAIR STRENGTH MARJIE - 1:30 P.M.	TOTAL BODY BARRE PATTI 4:30 P.M.	TOTAL BODY CONDITIONING ANOUK 4:30 P.M.	SWEAT INTERVALS JOE 4:45 P.M. ★ ⚠	TAI CHI / QIGONG 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.	
ALL LEVELS YOGA CHRIS 5:30 P.M. ★	CYCLING LISA 6 P.M. ★ ⚠	MEDITATIVE YOGA FLOW GISELE 6 P.M. (75 MIN) (STARTING 5/19)		CHAIR YOGA GISELE 1 P.M. (75 MIN) (STARTING 5/19)		
ZUMBA® MINNIE 5:30 P.M.		CYCLING ANOUK 6 P.M.	CORE AND MORE ANOUK 6 P.M.			
CYCLING CONNIE 6 P.M. (STARTING 4/26) ⚠	ZUMBA® JASMINE 6 P.M.	LES MILLS BODYPUMP BECKY 6 P.M. ⚠				
CARDIO CROSS TRAIN BECKY 6 P.M. (60 MIN) ⚠						
LES MILLS CORE BECKY 7:15 P.M. (30 MIN)						

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

- Studio A
- Mind Body Studio
- Basketball Court
- Cycling Studio

★ 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. Please call 856-325-5300 or visit the member portal VirtuaFitness.org/membership/member-self-service to register for a class.

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.



Spring Aquatic Group Exercise Schedule

Schedule Dates
April 5 - June 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA POWER HOUR ALX 9:30 A.M. (60 MIN)	AQUA STRENGTH CONDITIONING ALX 9 A.M.	LOW IMPACT INTERVAL PAM/CONNIE 9 A.M.	AQUA SCULPT GERRY 9 A.M. ★	H2O HIIT MARIANNE 9 A.M.	AQUA BOOT CAMP GERRY 9 A.M. ★	
		AQUA INTERVAL PAM/CONNIE 10 A.M.			AQUA POWER MIXX NICOLE 10 A.M.	
WATER WALKING PLUS MARJIE 12:15 P.M.	AQUA SENIOR FIT DEBBIE 12:15 P.M.	WATER WALKING PLUS JOAN 12:15 P.M.	AQUA SENIOR FIT DEBBIE 12:15 P.M.			
			AQUA MIXX ALX 5 P.M.		<p>Reservations for any pool are required. Please call 856-325-5300 or visit the member portal to reserve a spot in class or to use the pool.</p> <ul style="list-style-type: none"> ● Group Exercise Pool ★ New Classes ⚠ This is considered a high intensity class. Please be aware that others around you may remove their face masks. 	
AQUA ARTHRITIS FITNESS PAT D. 6 P.M.		AQUA CARDIO TONE ALX 6 P.M.				

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