

Fall Group Exercise Schedule

Schedule Dates
Sept. 20 - Jan. 10

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
GENTLE YOGA AMY 8 A.M.		GENTLE YOGA CHRIS 8 A.M.		LES MILLS BODYPUMP JOYCE 9 A.M. (60 MIN)		GENTLE YOGA CHRIS 8 A.M. ★		CYCLING SHANNI 9:15 A.M. ★		GENTLE YOGA CHRIS 8 A.M. ★		LES MILLS BODYPUMP MEGAN 8 A.M.	
CYCLING SHANNI 9:15 A.M.		TAI CHI MORRIS 9 A.M.		BEGINNER YOGA CONNIE 9:30 A.M.		CYCLE & CORE KIERSTIN 9:30 A.M. STARTS 10/13 ★		BODY BLAST PATTI 9:15 A.M. ★		VINYASA YOGA CONNIE 9:30 A.M. (60 MIN)		CYCLING REBECCA 8:15 A.M. ★	
YIN-YASA YOGA SUE 9:30 A.M. (60 MIN) ★		BUNZ AND GUNZ KIERSTIN 9:30 A.M. STARTS 10/11 ★		FIT 4 LIFE MEGAN 10:45 A.M.		LES MILLS CORE JOYCE 10:15 A.M.		BARRE / LATTES MELANIE 10:45 A.M.		BUTTS & GUTS XPRESS MEGAN 9 A.M.		CYCLING MURRAY 9:30 A.M.	
CARDIO BARRE DENELLE 10:30 A.M. ★		CHAIR YOGA SUE 11:45 A.M. ★		GENTLE YOGA CONNIE 10:45 A.M. (60 MIN)		CHAIR FITNESS MELANIE 11:45 A.M.		FIT 4 LIFE MEGAN 10:45 A.M.		CARDIO CROSS TRAIN BECKY 10 A.M.		BOLLY X SHAMSUN 10 A.M. ★	
ALL LEVELS YOGA CONNIE 10:45 A.M. (60 MIN)		ZUMBA® SHAMSUN 12 P.M. ★		SR. CHAIR CHALLENGE MARJIE 11:15 A.M.		SPINAL FLOW YOGA MEL 12:45 P.M.		TAI CHI / QIGONG BOB 12 P.M.		SENIOR FIT & FUN NICOLE 11 A.M.			
ARTHROSIS CHAIR STRENGTH MARJIE - 1:30 P.M.		PRIVATE CLASS 1:30 P.M.		JOINT CARE GISELE 1 P.M. (60 MIN)		PRIVATE CLASS 2 P.M.		CHAIR YOGA GISELE 1 P.M. (75 MIN)		Reservations are required for all classes. If you are not in class at the time of attendance you will forfeit your spot in class. No one is permitted to enter classes once classes begin.			
ZUMBA® MINNIE 5:15 P.M.		PRIVATE CLASS 2 P.M.		YOGA AND MEDITATION GISELE 6 P.M. (75 MIN)		SWEAT INTERVALS JOE 4:45 P.M.		LINE DANCING SHAMSUN 1:30 P.M.					
CYCLING CONNIE 5:45 P.M.		TOTAL BODY BARRE PATTI 4:30 P.M.		PUMP AND PEDAL ANOUK 5:45 P.M.		CORE AND MORE ANOUK 6 P.M.							
CARDIO CROSS TRAIN BECKY 6 P.M.		CYCLING LISA 5:45 P.M.		LES MILLS BODYPUMP BECKY 6 P.M.									
		ZUMBA® JASMINE 6 P.M.											

- Studio A
- Mind Body Studio
- ★ New Classes
- Cycling Studio

Weekly schedule/instructor is subject to change based on participation and instructor availability. All classes are 45-minutes in length, except Express classes are 30-minutes, unless otherwise noted. View online schedule for up-to-date information at wgr.VirtuaFitness.org

REGISTRATION FOR CLASSES IS REQUIRED.
CLASS SIZES MAY BE LIMITED DUE TO CAPACITY RESTRICTIONS.

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

FACILITY HOURS:
Monday - Friday 5 A.M. - 8 P.M.
Saturday - Sunday 7 A.M. - 4 P.M.



Fall Aquatic Group Exercise Schedule

Schedule Dates
Sept. 20 - Jan. 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AQUA MIXX GERRY 8 A.M.		AQUA CROSS TRAINING GERRY 8 A.M.	AQUA INTERVAL MARIANNE 8 A.M.		
AQUA POWER HOUR ALX 9 A.M. (60 MIN)	AQUA STRENGTH ALX 9 A.M.	LOW IMPACT INTERVAL CONNIE 9 A.M.	AQUA SCULPT GERRY 9 A.M.	H2O HIIT MARIANNE 9 A.M.	AQUA BOOT CAMP GERRY 9 A.M.	
AQUA STRENGTH ALX 10 A.M. ★		AQUA INTERVAL CONNIE 10 A.M.	AQUA INTERVAL PAM 10 A.M. ★	AQUA FLOW JOE 10 A.M.	AQUA POWER MIXX NICOLE 10 A.M.	
	PRIVATE CLASS 11 A.M.		PRIVATE CLASS 11 A.M.	AQUA FLOW JOE 11 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 A. 12:15 P.M. ★			
PRIVATE CLASS 1 P.M.		PRIVATE CLASS 1 P.M.			Reservations for any pool are required.	
AQUA STRENGTH PAM 5 P.M.			AQUA MIXX ALX 5 P.M.			
AQUA ARTHRITIS FITNESS PAT D. 6 P.M.		AQUA CARDIO TONE ALX 6 P.M.	AQUA ZUMBA® MINNIE 6 P.M. STARTING 9/30 ★			

● Group Exercise Pool

★ New Classes

Weekly schedule/instructor is subject to change based on participation and instructor availability. All classes are 45-minutes in length, except Express classes are 30-minutes, unless otherwise noted. View online schedule for up-to-date information at wgr.VirtuaFitness.org

REGISTRATION FOR CLASSES IS REQUIRED.
CLASS SIZES MAY BE LIMITED DUE TO CAPACITY RESTRICTIONS.

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

FACILITY HOURS:

Monday - Friday 5 A.M. - 8 P.M.

Saturday - Sunday 7 A.M. - 4 P.M.



Fall Group Exercise Schedule

Schedule Dates
Sept. 20 - Jan. 10

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
GENTLE YOGA AMY 8 A.M.		GENTLE YOGA CHRIS 8 A.M.	LES MILLS BODYPUMP JOYCE 9 A.M. (60 MIN)	GENTLE YOGA CHRIS 8 A.M. ★	CYCLING SHANNI 9:15 A.M. ★	GENTLE YOGA CHRIS 8 A.M. ★	LES MILLS BODYPUMP MEGAN 8 A.M.	LES MILLS BODYPUMP NICOLE 9 A.M.	YOGA STRETCH & TONE HINA 8:30 A.M. (60 MIN) ★
CYCLING SHANNI 9:15 A.M.		TAI CHI MORRIS 9 A.M.	BEGINNER YOGA CONNIE 9:30 A.M.	CYCLE & CORE KIERSTIN 9:30 A.M. STARTS 10/13 ★	BODY BLAST PATTI 9:15 A.M. ★	VINYASA YOGA CONNIE 9:30 A.M. (60 MIN)	CYCLING REBECCA 8:15 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. (60 MIN) ★	BUNZ AND GUNZ KIERSTIN 9:30 A.M. STARTS 10/11 ★	FIT 4 LIFE MEGAN 10:45 A.M.	LES MILLS CORE JOYCE 10:15 A.M.	BARRE / LATTES MELANIE 10:45 A.M.	BUTTS & GUTS XPRESS MEGAN 9 A.M.	CYCLING MURRAY 9:30 A.M.	ALL LEVELS YOGA KRISTINA 9:45 A.M.		
CARDIO BARRE DENELLE 10:30 A.M. ★	CHAIR YOGA SUE 11:45 A.M. ★	GENTLE YOGA CONNIE 10:45 A.M. (60 MIN)	CHAIR FITNESS MELANIE 11:45 A.M.	FIT 4 LIFE MEGAN 10:45 A.M.	CARDIO CROSS TRAIN BECKY 10 A.M.	BOLLY X SHAMSUN 10 A.M. ★			
ALL LEVELS YOGA CONNIE 10:45 A.M. (60 MIN)	ZUMBA® SHAMSUN 12 P.M. ★	SR. CHAIR CHALLENGE MARJIE 11:15 A.M.	SPINAL FLOW YOGA MEL 12:45 P.M.	TAI CHI / QIGONG BOB 12 P.M.	SENIOR FIT & FUN NICOLE 11 A.M.				
ARTHROSIS CHAIR STRENGTH MARJIE - 1:30 P.M.	PRIVATE CLASS 1:30 P.M.	JOINT CARE GISELE 1 P.M. (60 MIN)	PRIVATE CLASS 2 P.M.	CHAIR YOGA GISELE 1 P.M. (75 MIN)	Reservations are required for all classes.				
ZUMBA® MINNIE 5:15 P.M.	PRIVATE CLASS 2 P.M.	YOGA AND MEDITATION GISELE 6 P.M. (75 MIN)	SWEAT INTERVALS JOE 4:45 P.M.	LINE DANCING SHAMSUN 1:30 P.M.	If you are not in class at the time of attendance you will forfeit your spot in class. No one is permitted to enter classes once classes begin.				
CYCLING CONNIE 5:45 P.M.	TOTAL BODY BARRE PATTI 4:30 P.M.	PUMP AND PEDAL ANOUK 5:45 P.M.	CORE AND MORE ANOUK 6 P.M.						
CARDIO CROSS TRAIN BECKY 6 P.M.	CYCLING LISA 5:45 P.M.	LES MILLS BODYPUMP BECKY 6 P.M.							
	ZUMBA® JASMINE 6 P.M.								

Weekly schedule/
instructor is subject
to change based on
participation and
instructor availability. All
classes are 45-minutes in
length, except Express
classes are 30-minutes,
unless otherwise noted.
View online schedule for
up-to-date information
at wgr.VirtuaFitness.org

FACILITY HOURS:
Monday - Friday
5 A.M. - 8 P.M.
Saturday - Sunday
7 A.M. - 4 P.M.

- Studio A
- Mind Body Studio
- ★ New Classes
- Cycling Studio



REGISTRATION FOR CLASSES IS REQUIRED. CLASS SIZES MAY BE LIMITED DUE TO CAPACITY RESTRICTIONS.
Please call 856-325-5300 or visit the member portal wgr.VirtuaFitness.org/membership/member-self-service to register for a class.

Fall Aquatic Group Exercise Schedule

Schedule Dates
Sept. 20 - Jan. 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AQUA MIXX GERRY 8 A.M.		AQUA CROSS TRAINING GERRY 8 A.M.	AQUA INTERVAL MARIANNE 8 A.M.		
AQUA POWER HOUR ALX 9 A.M. (60 MIN)	AQUA STRENGTH ALX 9 A.M.	LOW IMPACT INTERVAL CONNIE 9 A.M.	AQUA SCULPT GERRY 9 A.M.	H2O HIIT MARIANNE 9 A.M.	AQUA BOOT CAMP GERRY 9 A.M.	
AQUA STRENGTH ALX 10 A.M. ★		AQUA INTERVAL CONNIE 10 A.M.	AQUA INTERVAL PAM 10 A.M. ★	AQUA FLOW JOE 10 A.M.	AQUA POWER MIXX NICOLE 10 A.M.	
	PRIVATE CLASS 11 A.M.		PRIVATE CLASS 11 A.M.	AQUA FLOW JOE 11 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 A. 12:15 P.M. ★			
PRIVATE CLASS 1 P.M.		PRIVATE CLASS 1 P.M.			Reservations for any pool are required.	
AQUA STRENGTH PAM 5 P.M.			AQUA MIXX ALX 5 P.M.			
AQUA ARTHRITIS FITNESS PAT D. 6 P.M.		AQUA CARDIO TONE ALX 6 P.M.	AQUA ZUMBA® MINNIE 6 P.M. STARTING 9/30 ★			

Weekly schedule/instructor is subject to change based on participation and instructor availability. All classes are 45-minutes in length, except Express classes are 30-minutes, unless otherwise noted. View online schedule for up-to-date information at wgr.VirtuaFitness.org

FACILITY HOURS:

Monday - Friday

5 A.M. - 8 P.M.

Saturday - Sunday

7 A.M. - 4 P.M.

● Group Exercise Pool

★ New Classes



REGISTRATION FOR CLASSES IS REQUIRED. CLASS SIZES MAY BE LIMITED DUE TO CAPACITY RESTRICTIONS.

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