

Winter Group Exercise Schedule

Schedule Dates
Jan. 10 - March 13

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
GENTLE YOGA AMY 8 A.M.	SWEAT XPRESS KIERSTIN 8:30 A.M.	GENTLE YOGA CHRIS 8 A.M.	LES MILLS BODYPUMP VIRTUAL SHANNI 8:30 A.M.	GENTLE YOGA AMY 8 A.M. ★	A.B.C. (ARMS, BUTT, CORE) KIERSTIN 8:30 A.M.	GENTLE YOGA CHRIS 8 A.M. ★	LES MILLS BODYPUMP NICOLE 8:30 A.M. (STARTS 1/20)	GENTLE YOGA CHRIS 8 A.M. ★		CYCLING CONNIE 8 A.M. ★	LES MILLS BODYPUMP NICOLE 9 A.M. (45 MIN)	YOGA STRETCH & TONE HINA 8:30 A.M. (60 MIN) ★
CYCLING SHANNI 9:15 A.M.		TABATA NICOLE 9 A.M. (STARTS 1/18)	TOTAL BODY SCULPT NICOLE 9:30 A.M. (STARTS 1/18)	BARBELL BODY KIERSTIN 9 A.M. (STARTS 1/19) ★		CYCLING SHANNI 9:15 A.M. ★	BODY BLAST PATTI 9:15 A.M. ★	LES MILLS BODYPUMP JOYCE 8 A.M.		ALL LEVELS YOGA CHRISTINE 9:30 A.M. (60 MIN) ★	LES MILLS BODYPUMP BECKY 9 A.M.	
BUNZ AND GUNZ KIERSTIN 9 A.M. ★	MEDITATIVE YOGA FLOW GISELE 9:30 A.M. (60 MIN) ★	TAI CHI MORRIS 9 A.M.	CYCLING NANCY 9:30 A.M. ★	BEGINNER YOGA CONNIE 9:30 A.M.	HYBRID EASY TONE MARJIE 10:15 A.M.	VINYASA YOGA CONNIE 9:30 A.M. (60 MIN)	CHAIR YOGA SUE 9:30 A.M.	CYCLING REBECCA 8:15 A.M. ★		CYCLING MURRAY 9:30 A.M.	ALL LEVELS YOGA KRISTINA 9:30 A.M.	
MAT PILATES MEL 10 A.M. ★	ALL LEVELS YOGA CONNIE 10:45 A.M. (60 MIN)	FIT FOR LIFE PATTI 10:45 A.M. ★	CHAIR YOGA SUE 11:45 A.M.	GENTLE YOGA CONNIE 10:45 A.M. (60 MIN)		BARRE / LATTES MELANIE 10:15 A.M.		FIT 4 LIFE MARIANNE 10:45 A.M.	CARDIO CROSS TRAIN BECKY 10 A.M.	ZUMBA® SHAMSUN 10 A.M. ★		
MID-DAY MEDITATION MARJIE 12 P.M.	LINE DANCING SHAMSUN 12 P.M. ★		SR. CHAIR CHALLENGE MARJIE 11:15 A.M.		ZUMBA® SHAMSUN 12 P.M. ★		TAI CHI / QIGONG BOB 12 P.M.	SENIOR FIT & FUN NICOLE 11 A.M.				
ARTHRITIS CHAIR STRENGTH MARJIE 1:30 P.M.	HYBRID RELAX AND RENEW MARJIE 12:45 P.M.		JOINT CARE GISELE 1 P.M. (60 MIN)	CHAIR YOGA HINA 5 P.M. (55 MIN)	SWEAT INTERVALS JOE 4:45 P.M.		CHAIR YOGA GISELE 1 P.M. (75 MIN)		<p>Reservations are required for all classes.</p> <p>If you are not in class at the time of attendance you will forfeit your spot in class.</p> <p>No one is permitted to enter classes once classes begin.</p>			
ZUMBA® MYKA 5:15 P.M. (STARTS 1/17) ★	TOTAL BODY BARRE PATTI 4:30 P.M.		INTRO TO CYCLING ANOUK 5 P.M. (1ST & 3RD WED. OF THE MONTH)	CYCLING ANOUK 5:45 P.M.	CARDIO DANCE FUSION SHAMSUN 5:30 P.M.		LINE DANCING SHAMSUN 1:30 P.M.					
CARDIO CROSS TRAIN BECKY 6 P.M.	CYCLING LISA 5:45 P.M.	ZUMBA® JASMINE 6 P.M.	YOGA & CANDLELIGHT MEDITATION GISELE 6 P.M. (75 MIN)	LES MILLS BODYPUMP BECKY 6 P.M.	CORE AND MORE ANOUK 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. Hybrid class are classes we will be livestreaming online, but can also be taken in person in the studio. View online schedule for up-to-date information at wgr.VirtuaFitness.org. For Virtual Classes only: Participants must log on no later than 5 minutes after class has started. Anytime after will not be permitted into the class.

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. – 9 P.M.
Saturday – Sunday 7 A.M. – 5 P.M.



Winter Aquatic Group Exercise Schedule

Schedule Dates
Jan. 10 - March 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARM WATER SMOOTH SAILING PAM 9 A.M. ★	AQUA MIXX GERRY 8 A.M.	WARM WATER SMOOTH SAILING PAM 9 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.	WARM WATER SMOOTH SAILING PAM 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. ★	H2O HIIT MARIANNE 9 A.M.	AQUA POWER MIXX NICOLE 10 A.M.	
	PRIVATE CLASS 11 A.M.		PRIVATE CLASS 11 A.M.	AQUA FLOW JOAN 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 A. 12:15 P.M. ★	AQUA FLOW JOAN 11 A.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 ANOUK 5 P.M. ★	AQUA CARDIO TONE ALX 6 P.M.	AQUA MIXX ALX 5 P.M.			
AQUA ARTHRITIS FITNESS PAT D. 6 P.M. ★		AQUA ARTHRITIS FITNESS PAT D. 6 P.M. ★				

-  Group Exercise Pool
-  Warm Water Therapy Pool
-  New Classes

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