

Spring Group Exercise Schedule

Schedule Dates
March 14 - June 14

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY							
GENTLE YOGA AMY 8 A.M.		BOX AND BELLS LAURIE 5:30 A.M. ★		GENTLE YOGA CHRIS 8 A.M.		EARLY RISER RIDE ANDY 6 A.M. ★		GENTLE YOGA AMY 8 A.M.		GENTLE YOGA CHRIS 8 A.M.		VIRTUAL LESMILLS BODYPUMP NICOLE 8:30 A.M. ▶	GENTLE YOGA CHRIS 8 A.M.	CYCLING CONNIE 8 A.M. ★	LESMILLS BODYPUMP NICOLE 9 A.M. (45 MIN)	YOGA STRETCH & TONE HINA 8:30 A.M. (60 MIN)			
CYCLING SHANNI 9:15 A.M.		TOTAL TABATA NICOLE 9 A.M. ★		VIRTUAL LESMILLS BODYPUMP SHANNI 8:30 A.M. ▶		VIRTUAL A.B.C. (ARMS, BUTT, CORE) KIERSTIN 8:30 A.M. ▶		CYCLING SHANNI 9:15 A.M.		BODY BLAST PATTI 9:15 A.M.		LESMILLS BODYPUMP MEGAN 8 A.M.		CYCLING REBECCA 8:15 A.M.		ALL LEVELS YOGA CHRISTINE 9:30 A.M. (60 MIN)	LESMILLS BODYPUMP BECKY 9 A.M.		
MEDITATIVE YOGA FLOW GISELE 9:30 A.M. (60 MIN) ★		TAI CHI MORRIS 9 A.M.		VIRTUAL SWEAT XPRESS KIERSTIN 9:45 A.M. ▶		BEGINNER YOGA CONNIE 9:30 A.M.		CYCLING NANCY 9:30 A.M. STARTING MARCH 30 ★		VINYASA YOGA CONNIE 9:30 A.M. (60 MIN)		VIRTUAL CHAIR YOGA SUE 9:30 A.M. ▶		VIRTUAL ROLL, RECOVER AND STRETCH KIERSTIN 9 A.M. (15 MIN.) ★		LESMILLS CORE MEGAN 9 A.M.		CYCLING MURRAY 9:30 A.M.	ALL LEVELS YOGA KRISTINA 9:45 A.M.
PILATES PLUS ANOUK 10 A.M. ★	ALL LEVELS YOGA CONNIE 10:45 A.M. (60 MIN)	FIT FOR LIFE MEGAN 10:45 A.M.		CHAIR YOGA SUE 11:45 A.M.		VIRTUAL HYBRID EASY TONE MARJIE 10:15 A.M. ▶		GENTLE YOGA CONNIE 10:45 A.M. (60 MIN)		BARRE FLOW CONNIE 10:45 A.M.		FIT 4 LIFE MEGAN 10:45 A.M.		CARDIO CROSS TRAIN BECKY 10 A.M.		ZUMBA® SHAMSUN 10 A.M.			
VIRTUAL MID-DAY MEDITATION MARJIE 12 P.M. ▶		LINE DANCING SHAMSUN 12 P.M.		SR. CHAIR CHALLENGE MARJIE 11:15 A.M.		CHAIR YOGA HINA 12 P.M. (55 MIN)		FIT 4 LIFE ANOUK 11 A.M. ★		TAI CHI / QIGONG BOB 12 P.M.		SENIOR FIT & FUN NICOLE 11 A.M.							
ARTHRITIS CHAIR STRENGTH MARJIE 1:30 P.M.		VIRTUAL HYBRID RELAX AND RENEW MARJIE 1 P.M. ▶		JOINT CARE GISELE 1 P.M. (60 MIN)		ZUMBA® SHAMSUN 12:15 P.M.		CHAIR YOGA GISELE 1 P.M. (75 MIN)		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.							
ZUMBA® SHARI 5:15 P.M.	VIRTUAL ALL ABOUT THE CORE KIERSTIN 5 P.M. (15 MIN) ▶ ★	TOTAL BODY BARRE PATTI 4:30 P.M. ★		ALL LEVELS YOGA HINA 6 P.M.		LESMILLS CORE BECKY 5 P.M. (45 MIN) ★		INTRO TO CYCLING ANOUK 5 P.M. (1ST & 3RD WED. OF THE MONTH)		VIRTUAL GLUTE CAMP XPRESS KIERSTIN 5 P.M. ▶		SWEAT INTERVALS JOE 4:45 P.M.		VIRTUAL CARDIO DANCE FUSION SHAMSUN 5:30 P.M. ▶					
Cardio Cross Train BECKY 6 P.M.	LESMILLS BODYPUMP JOYCE 7 P.M.	RIDE AND RUN LISA 5:45 P.M.		ZUMBA® JASMINE 6 P.M.		CYCLING ANOUK 5:45 P.M.		YOGA & CANDLELIGHT MEDITATION GISELE 6 P.M. (75 MIN)		LESMILLS BODYPUMP BECKY 6 P.M.		CYCLING JOYCE 6 P.M.		BAND CAMP BECKY 6 P.M.					

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





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.

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.

Spring Aquatic Group Exercise Schedule

Schedule Dates
March 14 - June 14

MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY		SATURDAY	SUNDAY
WARM WATER STRETCH AND STRENGTH PAM 8 A.M. ★	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.	WARM WATER STRETCH AND STRENGTH PAM 8 A.M. ★	AQUA INTERVALS 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.	WARM WATER SMOOTH SAILING PAM 9 A.M. ★	AQUA BOOT CAMP GERRY 9 A.M.		
AQUA STRENGTH ALX 10 A.M.	AQUA VOLLEYBALL NICOLE 10 A.M. ★	AQUA INTERVAL CONNIE 10 A.M.		AQUA INTERVAL PAM 10 A.M.			AQUA POWER MIXX NICOLE 10 A.M.	3RD SATURDAY OF THE MONTH! AQUA VOLLEYBALL NICOLE 10 A.M.	
	MyFitRX CLASS <i>Must be in MyFitRX program</i> 11 A.M.			MyFitRX CLASS <i>Must be in MyFitRX program</i> 11 A.M.	AQUA FLOW JOAN 11 A.M.				
WATER WALKING PLUS MARJIE 12:15 P.M.	AQUALATES DEBBIE 12:15 P.M.	WARM WATER SMOOTH SAILING JOAN 12 P.M. ★	WATER WALKING PLUS MARJIE 12:15 P.M.	AQUALATES DEBBIE A. 12:15 P.M. ★	FAMILY SWIM 3-6 P.M.		FAMILY SWIM 12-3 P.M.		FAMILY SWIM 10 A.M. -1 P.M.
MyFitRX CLASS <i>Must be in MyFitRX program</i> 1 P.M.		MyFitRX CLASS <i>Must be in MyFitRX program</i> 1 P.M.							
AQUA STRENGTH GERRY 5 P.M.	AQUA MIXX ANOUK 5 P.M. ★			AQUA MIXX ALX 5 P.M.	Reservations for any pool or class is required.				
AQUA ARTHRITIS FITNESS PAT D. 6 P.M.	DEEP WATER WORX ANOUK 6 P.M. ★	AQUA ARTHRITIS FITNESS PAT D. 6 P.M.	AQUA CARDIO TONE ALX 6 P.M.	AQUA CARDIO CORE ANOUK 6 P.M.					

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

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