

WCRC Fitness Class Calendar

UPDATED June 20th, 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7am Rise and Spin Joyce Creed (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3)	6:15-7am Rise and Spin Joyce Creed (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3)	6:15-7am Rise and Spin Joyce Creed (Spin Room)	9-10am Weekend Ride 6/1 - Joyce 6/8 - Estyn 6/15 - Deb 6/22 - Jess 6/29 - Shannon
8:15-9:15am Slow Flow Dee Pellicio (Community Room)	8:30-9:30am Slow Flow Dee Pelicio (Community Room)	8-9am Stability and Flexibility Karen Kimbro (Community Room)	9:30-10:30am Power Spin Stephanie Roberts (Spin Room)	8-8:45am Slow Flow Dee Pelicio (Community Room)	11-12pm Slow Flow Betsy Harris (Community Room)
8:30-9:15am Cardio Sculpt Estyn Phipps (Gym 3)	9:15-10:15am Sweat and Spin Shannon Stapleton (Spin Room)	8:30-9:30 Spin+ Kim Davis (Spin Room)	9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)	8:30-9:15am Cardio Sculpt Estyn Phipps (Gym 3)	
8:30-9:30 Spin+ Kim Davis (Spin Room)	9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)	9:45-10:30pm Pilates Kim Davis (Community Room)	10:45-11:45am Zen Barre Cynthia Carlson (Community Room)	8:30-9:30am Sweat and Spin Kelli Sherwood (Spin Room)	
9:45-10:30am Pilates Kim Davis (Community Room)	11:45-12:30pm Zumba Gwen Dhing (Gym 3)	9:45-10:30am Cardio Core Jess Welch (Gym 3)	12-1pm Slow Flow Lynsey Nellis (Community Room)	10:15-11am Cardio Core Jess Welch (Community Room)	
10:15-11am Zumba Gwen Dhing (Gym 3)	12-1pm Vinyassa Yoga Betsy Harris (Community Room)	10:45-11:30am Silver Sneakers Kim Davis (Community Room)	4:30-5:30pm Sweat and Spin Shannon Stapleton (Spin Room)	11:15-12 pm Silver Fit Estyn Phipps (Community Room)	
10:45-11:30am Silver Sneakers Kim Davis (Community Room)	5:30-6:30pm Power Spin Stephanie Roberts (Spin Room)	12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)	5:30-6:30pm Zumba Gwen Dhing (Community Room)	12:15-1:15pm Sweat and Spin Shannon Stapleton (Spin Room)	
11-11:45am Cardio Core Jess Welch (Gym 4)		11:45-12:30pm Chair Yoga Jalyn Hall (Community Room)	5:30-6:30 pm Hot Yoga Jalyn Hall (Pool Spectator Area)	12:15-1:00pm Chair Yoga Jalyn Hall (Community Room)	
12-12:30pm Wellness Instruction Jess Welch		4-5pm Zumba Gold Cynthia Carlson (Community Room)			
12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)		5:30-6:30pm Tai Chi Karen Caldwell (Community Room)			
5:30-6:30pm Tai Chi Karen Caldwell (Community Room)		5:30-6:30pm Sweat and Spin (Instructor Rotation) (Spin Room)			
5:30-6:30pm Sweat and Spin Shannon Stapleton (Spin Room)					

- Yoga
- Cardio
- Strength
- Spin
- Zumba
- Wellness

Sunday
Sunday Spin will return in September!

Schedule Updates

Walk With Ease Program
Walk with Ease is a 6 - week fitness program focusing on reducing pain, and increasing flexibility while walking
When: Wednesdays starting 6/12 @ 12:15
Who: Jess Welch - Instructor
Where: Outside the WCRC front doors on the benches!
Bring a Friend! The program is fully open to the public!

Please see the Aquatic Schedule for Water Aerobics!