

# WCRC Fitness Class Calendar

UPDATED July 25th, 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 7/6 - Stephanie 7/13 - Shannon 7/20 - Jess 7/27 - Stephanie
8:00-9:15am Slow Flow Dee Pellicio (Community Room)	8:00-9:30am 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 (Gym 3)	12:15-1:15pm Sweat and Spin Shannon Stapleton (Spin Room)	
11-11:45am Cardio Core Jess Welch (Gym 4)		4-5pm Zumba Gold Cynthia Carlson (Community Room)			
12-12:30pm Wellness Instruction Jess Welch		5:30-6:30pm Tai Chi Karen Caldwell (Community Room)			
12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)		5:30-6:30pm Sweat and Spin (Instructor Rotation) (Spin Room)			
5:30-6:30pm Tai Chi Karen Caldwell (Community 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**  
Chair Yoga will return soon!

**Please see the Aquatic  
Schedule for Water  
Aerobics!**

Online registration is only required for Spin & Pilates. You may register up to three days in advance! Email questions to [Eric.Hesslink@watgov.org](mailto:Eric.Hesslink@watgov.org)