

WCRC Fitness Class Calendar

UPDATED February 26th, 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>6:15-7am Rise and Spin Joyce Creed (Spin Room)</div> <div>8:30-9:15am Cardio Sculpt Estyn Phipps (Gym 3)</div> <div>8:15-9:15am Slow Flow Dee Pellicio (Community Room)</div> <div>9-10am Water Fitness</div> <div>9:30-10:15am Pilates Kim Davis (Community Room)</div> <div>10-11am Deep Water</div> <div>10:15-11am Zumba Gwen Dhing (Gym 3)</div> <div>10:45-11:30am Silver Sneakers Kim Davis (Community Room)</div> <div>11-11:45am Cardio Core Jess Welch (Gym 4)</div> <div>12-12:30pm Wellness Instruction Jess Welch</div> <div>12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>5:30-6:30pm Tai Chi Karen Caldwell (Community Room)</div> <div>5:30-6:30pm Sweat and Spin Shannon Stapleton (Spin Room)</div>	<div>8:30-9:30am Functional Fitness Jess Welch (Gym 3)</div> <div>8:30-9:30am Slow Flow Dee Pelicio (Community Room)</div> <div>9-10am Water Fitness</div> <div>9:15-10:15am Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>11:45-12:30pm Zumba Gwen Dhing (Gym 3)</div> <div>12-1pm Vinyassa Yoga Betsy Harris (Community Room)</div> <div>5:30-6:30pm Power Spin Stephanie Roberts (Spin Room)</div> <div>5:30-6:30pm Water Fitness</div> <div>5:30-6pm Yoga for Athletes Ritesh Sheth (Community Room)</div> <div>6:30-7:45pm Beginner Fencing David Burns (Community Room)</div>	<div>6:15-7am Rise and Spin Joyce Creed (Spin Room)</div> <div>8-9am Stability and Flexibility Karen Kimbro (Community Room)</div> <div>9-10am Water Fitness</div> <div>9:30-10:15pm Pilates Kim Davis (Community Room)</div> <div>9:45-10:30am Cardio Core Jess Welch (Gym 3)</div> <div>10-11am Deep Water</div> <div>10:45-11:30am Silver Sneakers Kim Davis (Community Room)</div> <div>12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>11:45-12:30pm Chair Yoga Jalyn Hall (Community Room)</div> <div>4-5pm Zumba Gold Cynthia Carlson (Community Room)</div> <div>5:30-6:30pm Tai Chi Karen Caldwell (Community Room)</div> <div>5:30-6:30pm Sweat and Spin (Instructor Rotation) (Spin Room)</div>	<div>8am-8:45am - Aqua Bootcamp</div> <div>8:30-9:30am Functional Fitness Jess Welch (Gym 3)</div> <div>9-10am Aqua Zumba</div> <div>9:30-10:30am Power Spin Stephanie Roberts (Spin Room)</div> <div>10-11am Deep Water</div> <div>10:45-11:45am Zen Barre Cynthia Carlson (Community Room)</div> <div>12-1pm Slow Flow Lynsey Nellis (Community Room)</div> <div>12:15-1pm Sweat and Spin Kelli/Joyce (Spin Room)</div> <div>4:30-5:30pm Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>5:30-6:30pm Water Fitness</div> <div>5:30-6:30pm Zumba Gwen Dhing (Community Room)</div> <div>5:30-6:30 pm Hot Yoga Ritesh Sheth (Pool Spectator Area)</div> <div>6:30-7:45pm Intermediate Fencing David Burns (Community Room)</div>	<div>6:15-7am Rise and Spin Joyce Creed (Spin Room)</div> <div>8-8:45am Slow Flow Dee Pelicio (Community Room)</div> <div>8:30-9:15am Cardio Sculpt Estyn Phipps (Gym 3)</div> <div>9-10am Water Fitness</div> <div>9:30-10:30am Sweat and Spin Kelli Sherwood (Spin Room)</div> <div>10:15-11am Cardio Core Jess Welch (Community Room)</div> <div>10-11am Deep Water</div> <div>11:15-12 pm Silver Fit Estyn Phipps (Community Room)</div> <div>12:15-1:15pm Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>12:15-1:00pm Chair Yoga Jalyn Hall (Community Room)</div>	<div>9-10am Weekend Ride 3/2 -- Stephanie Roberts 3/9 -- Estyn Phipps 3/16 -- Jess Welch 3/23 -- Stephanie Roberts 3/30 --Shannon Stapleton (Spin Room)</div> <div>9-10am Water Fitness</div> <div>11-12pm Slow Flow Betsy Harris (Community Room)</div>	<div>2-3pm Weekend Ride Kelli Sherwood (Spin Room)</div>

Yoga

Cardio

Strength

Spin

Zumba

Water Fitness

Wellness

Special Events

Schedule Updates