

WCRC Fitness Class Calendar

UPDATED Nov 26th, 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7am Rise and Spin Jim Deni (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3)	6:15-7am Rise and Spin Jim Deni (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3)	6:15-7am Rise and Spin Jim Deni (Spin Room)	9-10am Weekend Ride 11/2 - Laura 11/9 - Jess 11/16 - Jim 11/23 - Laura 11/30 - Jim
8:00-9:00am Slow Flow Dee Pelicio (Community Room)	8:00-9:00am 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)	8-9:00am 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)	9:30-10:30am 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)	4:30-5:15pm Chair Yoga Macy Kraslawky (Community Room)	12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)	4:30-5:15pm Chair Yoga Macy Kraslawky (Community Room)	12:15-1:15pm Sweat and Spin Shannon Stapleton (Spin Room)	
11-11:45am Cardio Core Jess Welch (Gym 4)	5:30-6:30pm Power Spin Stephanie Roberts (Spin Room)	4-5pm Zumba Gold Cynthia Carlson (Community Room)	5:30-6:30pm Zumba Gwen Dhing (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 11/13 - Laura 11/20 - Laura 11/27 - CANCELLED (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

2 - 3PM Sunday Spin
Joyce Creed
(Spin Room)

Schedule Updates

11/27

4-5 Zumba Gold Is cancelled!

11/28 & 11/29

The WCRC is CLOSED! Have a great Thanksgiving!

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

Please see the Aquatic Schedule for Water Aerobics!