

# WBC GROUP FITNESS SCHEDULE

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 am	Muscle Works Ron	Muscle Works Charley	Muscle Works Ron	Muscle Works Corey	Muscle Works Ron
8:15 am	Barre Above® Hannah		Barre Above® Hannah		
9 am		Body Sculpt Carol <i>Ladies only</i>	Pilates Muscle Dawn <i>Ladies only</i>	Weight Works Jan	Balance & Stretch Jane <i>Ladies Only</i>
9:15 am	Cardio Fusion Various Instructors <i>Ladies only</i>				
11 am			Senior-Fit Stevie		Senior-Fit Stevie
1 pm	Senior-Fit Stevie				
5:30 pm	Cardio Circuit Nicki			Cardio Circuit Brad	
6 pm	Zumba® Beth <i>Ladies only</i>			REFIT® Chrissy <i>Ladies only</i>	

## GROUP FITNESS CLASS DESCRIPTIONS

**Balance & Stretch** - 30 minutes of balance exercises followed by 30 minutes of stretching to improve your flexibility.

**Barre Above®** - Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

**Body Sculpt** - Define, sculpt and build lean muscle with a focus on intense isolation exercises using free weights and resistance in this cardio free class.

**Cardio Circuit** - Intense workout combining strength, balance, cardio, agility and flexibility.

**Muscle Works** - Condition and strengthen the entire body with a variety of fitness equipment.

**Pilates Muscle** - Focus on correct form and muscle recruitment while building muscle and burning calories. Form before Fancy!

**REFIT®** - REFIT is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out!

**Senior Fit** - This class combines low impact moves in and/or around a chair focusing on strengthening and stretching muscles and core while improving balance. For older adults and those needing a basic workout.

**Weight Works** - Condition and strengthen the entire body with a variety of fitness equipment.

**Zumba®** - This Latin inspired fitness party is easy to follow, burns calories and is just plain FUN!