

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 | | Weight Works Jan | Pilates Muscle Dawn <i>Ladies only</i> | Body Sculpt Carol <i>Ladies only</i> | 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® - 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!