

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
7:15 am	Fitness Challenge Jan		Fitness Challenge Jan		
9 am	Fitness Challenge Jan	Body Sculpt Carol <i>Ladies only</i>	Fitness Challenge Jan	Pilates Muscle Dawn <i>Ladies only</i>	Balance & Stretch Jane <i>Ladies Only</i>
11 am	Senior-Fit Stevie		Senior-Fit Stevie		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.

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.

Fitness Challenge - Want to challenge your strength and endurance? Then this class is for you!

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.

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