



## Group Exercise Schedule March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am	AM Core				AM Core
10:00 am	Static Stretching	Water Aerobics	Water Aerobics	Yo-Chi	Static Stretching
12:30 pm	Lunchtime Core	Indoor Cycling	Yo-Chi	Indoor Cycling	
3:30 pm	Indoor Cycling	HIIT	Indoor Cycling	HIIT	
7:00 pm	Strength Lab	Strength Lab	Strength Lab	Strength Lab	

**AM Core:** Start your weekend off early **with Doug** and work your core. This will be a non-stop core workout first thing in the morning focused on strengthening your abs and lower back.

**HIIT:** This class, **led by Laura & Scott**, is a timed tabata/stations program where you will move through different exercise stations working on strength, cardio, and flexibility for a full-body workout.

**Indoor Cycling:** This class, **led by Laura and Scott**, is a bicycle-based workout. Expect some intervals with resistance exercises and tabatas to challenge your heart rate.

**Lunchtime Core:** This class, **led by Laura**, is a 20-minute workout focusing on your core. This can be a challenging stand-alone workout or a great addition to your routine.

**Static Stretching:** This class, **led by Scott**, is a mix of traditional stretching, isometrics, and foam rolling. The intent is to help lengthen muscles and improve range of motion and reduce tension.

**Strength Lab:** This is a structured strength class, **led by Cole**, centered on the big barbell lifts. Each session focuses on one primary lift, followed by two accessory movements to build strength, balance, muscle development, and reduce injury risk.

**Water Aerobics:** This class, **led by Laura**, allows you to get your workout done in the pool. The class combines cardio, strength, and flexibility for a full-body workout that is easy on the joints. You do NOT need to know how to swim!

**Yo-Chi:** This class, **led by Laura**, is a fusion of Yoga and Tai Chi that was created by Lawrence Bisconti. It is a mind-body workout that will strengthen and lengthen as well as energize and calm the body all at the same time!

Group Exercise sessions are led by certified trainers that can modify the workouts to suit almost any ability level. Some sessions can be challenging or even intense, but the AWC trainers are present to help you achieve your goals. If you are new or have some physical limitations, we can help you identify alternatives that provide the same benefits. Want it more challenging? We love that! Happy to help!