

# WWC GROUP FITNESS SCHEDULE

All classes included with membership

## MONDAY

9:30 AM  
**Better Your  
Body**  
*Mike*  
Full-body cardio,  
strength, and  
mobility

## TUESDAY

5:30 AM  
**Rise and Grind**  
*Rachel*  
Drop in anytime  
between 5:30–6:30am  
for a coached  
workout - train at  
your own pace

9:00 AM  
**Aqua Fitness**  
*Lynn*  
Low-impact cardio  
and strength in the  
pool

Tuesday 5pm  
Yoga Class is  
now held at  
ADC Rec  
Center!

## WEDNESDAY

9:30 AM  
**Low Impact  
Bootcamp**  
*Rachel*  
Joint-friendly  
cardio and strength  
conditioning

5:00 PM  
**Cycling**  
*Emma*  
Start your spin era  
with a weekly  
themed ride. Sign  
Ups open the  
Monday before each  
class.

## THURSDAY

5:30 AM  
**Rise and Grind**  
*Rachel*  
Drop in anytime  
between 5:30–6:30am  
for a coached  
workout - train at  
your own pace

9:00 AM  
**Aqua Fitness**  
*Lynn*  
Low-impact cardio  
and strength in the  
pool

5:00 PM  
**Kickboxing  
Circuit**  
*Gage*  
High-energy  
punches, kicks, and  
strength circuits

## FRIDAY

9:30 AM  
**Yoga**  
*Megan*  
Build strength,  
balance, and  
flexibility