

WWC GROUP FITNESS SCHEDULE

All classes included with membership

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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!

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.

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

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