



December 1st-January 31st Group Fitness

*Class schedule subject to change based on attendance

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Bootcamp w/ Jen *45 min		Bootcamp w/ Jen *45 min		Bootcamp w/ Jen *45 min		
7:00 AM						Circuit Saturdays w/ Elisa *45 min	
7:45 AM				ALL Ages TRX w/Katie *1 hr			
8:00 AM	Vinyasa Yoga w/ Rie *50 min		Yoga w/ Rie *50 min			Sunrise Yoga w/ Rie *50 min	
9:00 AM						Yoga w/ Melissa *1 hr	
9:15 AM	Latin Cardio & Strength w/ Laura *1 hr		Cardio Resistance Training w/ Rie *45 min	Total Body Conditioning w/ Rie *45 min	RUMBLE w/ Laura *1 hr		
10:00 AM		ALL Ages TRX w/Katie *1 hr					
4:30pm			MWHS Dance Team	Fit Express w/ Jen *30 min			
5:15PM		XABeat w/ Nikki *45min					
5:30pm	Hatha Yoga w/ Victoria *1 hr			Women & Weights w/ Jen *50 min			
6pm		Yoga Flow w/ Victoria *1 hr					
6:30 PM	Aqua Fit in WAC Pool *1hr		Aqua Fit in WAC Pool *1hr	XABeat w/ Nikki *45min			
7:15 PM		Barre w/ Elisa *1 hr					

**All classes are located in the WAC Fitness Studio on the first floor unless otherwise noted