



April 1st-May31st

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/ Jess *45 min	Bootcamp w/ Jen *45 min	Bootcamp w/ Jess *45 min	Bootcamp w/ Jess *45 min		
5:30AM POOL Classes	Aqua Bootcamp *1 hr		Aqua Bootcamp *1 hr		Aqua Bootcamp *1 hr		
8:00 AM			Hatha Yoga w/ Victoria *50 min				
9:00 AM						Yoga w/ Melissa *1 hr	
9:15 AM	Latin Cardio & Strength w/ Laura *1 hr	ADA* Fit and Strong! w/ Zac	ADA* In Motion w/ Zac	ADA* Fit and Strong! w/ Zac	RUMBLE w/ Laura *1 hr		
10:30 AM						XABeat w/ Nikki *45min	
3:30pm			MWHS Dance Team	Yin Yoga w/ Cassie *45 min			
4:30pm		Fit Express w/ Jess *30 min		Fit Express w/ Jen *30 min			
5:15PM			HIIT Yoga w/ Cassie *50 min	Cardio Sculpt w/ Jen *1 hr			
5:15 PM	Cardio Dance w/ Christie *45 min	Women & Weights w/ Zac *45 min		Women & Weights w/ Zac *45 min			
6:15 PM		Yoga Flow w/ Victoria *1 hr	Kettlebell HIIT w/ Cassie *50 min				
6:30 PM	Aqua Fit in WAC Pool *1hr		Aqua Fit in WAC Pool *1hr				
6:45PM	POUND w/ Allyson *1 hr						

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