

WBC GROUP FITNESS SCHEDULE

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 am	Muscle Works Ron	Muscle Works Charley	Muscle Works Ron	Muscle Works Charley	Muscle Works Ron
8:15 am	Barre Above® Aggie				Barre Above® Melissa
9 am		Body Sculpt Carol Ladies only	Pilates Muscle Dawn Ladies only	Body Sculpt/ Weight Works Carol/Jan Ladies only	Balance & Stretch Jane Ladies Only
9:30 am	Iron Mike's Fitness Mike				
11 am			Senior-Fit Stevie		Senior-Fit Stevie
1 pm	Senior-Fit Stevie				
5:30 pm	Cardio Circuit Nicki			Cardio Circuit Brad	
6 pm	Zumba® Beth Ladies only			REFIT® Chrissy Ladies only	

GROUP FITNESS CLASS DESCRIPTIONS

Balance & Stretch - 30 minutes of balance exercises followed by 30 minutes of stretching to improve your flexibility.

Barre Above® - Barre Above delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

Body Sculpt - Define, sculpt and build lean muscle with a focus on intense isolation exercises using free weights and resistance in this cardio free class.

Cardio Circuit - Intense workout combining strength, balance, cardio, agility and flexibility.

Iron Mike's Fitness & Faith in 45 - Total body workout implementing scientifically proven moves and techniques.

Muscle Works - Condition and strengthen the entire body with a variety of fitness equipment.

Pilates Muscle - Focus on correct form and muscle recruitment while building muscle and burning calories. Form before Fancy!

REFIT® - REFIT is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out!

Senior Fit - This class combines low impact moves in and/or around a chair focusing on strengthening and stretching muscles and core while improving balance. For older adults and those needing a basic workout.

Weight Works - Condition and strengthen the entire body with a variety of fitness equipment.

Zumba® - Zumba is a Latin inspired fitness party, and is easy to follow, burns calories and so much FUN!