

WBC GROUP FITNESS SCHEDULE

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		Pilates Carol Ladies only	Pilates Muscle Dawn Ladies only	Body Sculpt Carol Ladies only	Balance & Stretch Jane Ladies Only
9:30 am	Iron Mike’s Fitness Mike				
11 am					Senior-Fit Stevie
12 pm			Senior-Fit Stevie		
1 pm	Senior-Fit Stevie				
5:30 pm	Cardio Circuit Nicki			Cardio Circuit Brad	
6 pm	Zumba® Beth Ladies only	REV+FLOW by REFIT Chrissy 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 - Get lean and muscular using bodyweight, light to moderate weights with high reps and low impact activity.

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

Pilates - Focus on the core or “powerhouse” of the body while incorporating body alignment, correct breathing, coordination and balance. Re-train your body to move in safer, more efficient patterns of motion.

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!

REV+FLOW® - REV+FLOW is a low-impact, high-intensity, one-of-a-kind workout that’s kind to your body. With functional movements woven into this format, you’ll use (and not lose) the important, lifelong functions that help you stay strong and active.

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.

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