

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	Instructor's Choice Various 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.

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® - Move stronger, longer with REV+FLOW by REFIT. With functional movements woven into this low-impact 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!