

Fall 2021 Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Core Step 7:30-8:30am <i>Judy</i>	Fit Train 7:30-8:15am <i>Mary Lou</i>	Pilates 7:45-8:30am <i>Kate</i>	Fit Train 7:30-8:30am <i>Jackie</i>	Triple Play 7:30-8:30am <i>Judy</i>	Cardio Cross 7:00-8:00am <i>Diane</i>	Step Intervals 8:00-9:00am <i>Judy</i>
MetaFit 8:45-9:30am <i>Nikki</i>	Power Pump 8:30-9:30am <i>Ashley/Tracy</i>	Strength Core Cardio 8:45-9:45am <i>Heidi</i>	Power Pump 8:45-9:45am <i>Judy</i>	SHIFT 8:45-9:30am <i>Tracy</i>	Hi Lo 'N More 8:00-9:00am <i>Judy/Tracy</i>	Core 'N More 9:15-10:15am <i>Marcia</i>
Mind Body Fusion 9:45-10:45am <i>Leasha</i>	Zumba 9:45-10:45am <i>Tracy</i>	Yogalates 10:00-11:00am <i>Donna</i>	Fitness Yoga 10:00-11:00am <i>Judy</i>	PiYo 9:45-10:45am <i>Tracy</i>	Yoga 9:15-10:15am <i>Leasha</i>	
Silver Sneakers® Silver Age Dance 11:15-12:00pm <i>Lena</i>	Silver Sneakers® Cardio Drum 11:15-12:00pm <i>Laurie</i>	Silver Sneakers® Yoga 11:15-12:00pm <i>Donna</i>	Silver Sneakers® Muscular Strength 11:15-12:00pm <i>Judy</i>	Silver Sneakers® Chair Zumba 11:15-12:00pm <i>Mel</i>		
Boot Camp 3:30-4:30pm <i>Kristine</i>	HCC (Hard Core Circuits) 5:45-6:45pm <i>Heidi</i>	Boot Camp 3:30-4:30pm <i>Kristine</i>	HEAT 3:30-4:30pm <i>Kristine</i>			
Cardio Intervals 5:45-6:45pm <i>Melissa/Leasha</i>	Barre 6:45-7:45pm <i>Shayna</i>	Fusion Fitness 5:45-6:45pm <i>Mel</i>	STRONG 5:45-6:45pm <i>Melissa</i>			
Relaxation Yoga 7:00-8:00pm <i>Leslie</i>		Hatha Yoga 7:00-8:00pm <i>Leslie</i>				

NOTE: Please be sure to visit SuperSaas for location.

Prior To Arriving At WCC Please Create A SuperSaas Account & Register For Your Workout Time & Activities

All Members must sign up using SuperSaas to make reservations for the following exercise options including; Aqua & Floor Aerobics classes, Spin, TRX & Barre, Lap Swim & Adult Exercise Swim times, FREE Saturday Morning Fitness & Fun, Racquetball & Pickleball, and Tennis! Reservations can be made 48 hours in advance of the class and are reserved for Members only. Please use the link below to access SuperSaas.

<https://www.supersaas.com/schedule/WCC>

For more information please visit our website.

<https://www.whitincommunitycenter.com>



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