

Fall 2021 Spin / TRX Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:15-6:00am <i>Julie</i>	Spin 8:30-9:15am <i>Mary Lou</i>	Spin 5:15-6:00am <i>Gary</i>	Spin 9:00-9:45am <i>Nikki</i>	Spin 5:15-6:00am <i>Julie</i>	Endurance Spin 7:30-8:30am <i>Alan</i>	Spin 7:30-8:15am <i>Jen</i>
Spin 9:00-9:45am <i>Tammy</i>	Spin 5:45-6:30pm <i>Marcia</i>	Spin 9:00-9:45am <i>Judy</i>	Spin 5:45-6:30pm <i>Jackie</i>	Spin 8:30-9:15am <i>Marcia</i>	TRX 8:45-9:30am <i>Alan</i>	
Spin 5:45-6:30pm <i>Tracy</i>		Spin 5:45-6:30pm <i>Tracy</i>		TRX 9:30-10:15am <i>Marcia</i>		
TRX 6:45-7:30pm <i>Kate</i>						

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>



Fitness. Family. Community.