

# Winter 2024-25 Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step & Abs 7:30-8:30am <i>Judy</i>	Interval Training 7:30-8:30am <i>Judy</i>	Pilates 7:30-8:30am <i>Tracy</i>	Interval Training 7:30-8:30am <i>Tracy</i>	Triple Play Step 7:30-8:30am <i>Judy</i>	Cardio Cross 7:00-7:45am <i>Diane</i>	Step Interval 8:00-9:00am <i>Judy</i>
Strength & Cardio Mix 8:45-9:35am <i>Heidi</i>	Power Pump 8:45-9:35am <i>Tracy</i>	Bootcamp 8:45-9:35am <i>Darlene</i>	Power Pump 8:45-9:35am <i>Judy</i>	Cardio Kick 8:45-9:35am <i>Tracy</i>	Power Pump 8:00-9:00am <i>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 9:45-10:45am <i>Donna</i>	Fitness Yoga 9:45-10:45am <i>Judy</i>	Soul Fusion 9:45-10:45am <i>Tracy</i>	Iron Yoga 9:15-10:15am <i>Leasha</i>	
Silver Sneakers® Cardio Mix 11:00-11:45am <i>Leasha</i>	Silver Sneakers® Balance & Strength 11:00-11:45am <i>Judy</i>	Silver Sneakers® Yoga 11:00-11:45am <i>Donna</i>	Silver Sneakers® Cardio Drum Mix 11:00-11:45am <i>Judy</i>	Silver Sneakers® Stretch & Yoga 11:00-11:45am <i>Leasha</i>		
Silver Sneakers® Cardio Mix 12:00-12:45pm <i>Tracy</i>	Weight Training 3:30-4:15pm <i>Leasha</i>	Silver Sneakers® Yoga 12:00-12:45pm <i>Donna</i>	Stength & Cardio Mix 3:45-4:45pm <i>Kristine</i>	Silver Sneakers® Stretchlates 12:00-12:45pm <i>Marcia</i>		
Strength & Cardio Mix 3:45-4:45pm <i>Kristine</i>	Strength & Cardio Mix 5:45-6:45pm <i>Heidi</i>	Strength & Cardio Mix 3:45-4:45pm <i>Kristine</i>	Cardio Mix 5:45-6:45pm <i>Melissa</i>	Weight Training for Beginners 4:30-5:15pm <i>Leasha</i>		
Interval Training 5:45-6:45pm <i>Sue</i>		Interval Training 5:45-6:45pm <i>Sue</i>				
Gentle Yoga 7:00-8:00pm <i>Lesley</i>		Candlelight Yoga 7:00-8:00pm <i>Lesley</i>				

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through Daxko.com. Reservations can be made 48 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://www.Daxko.com>

For more information please visit our website.

<https://www.WhitinCommunityCenter.com>

**Members or guests 14 and under must complete an orientation through all fitness equipment by appointment with our Fitness Room Staff prior to using the Fitness room. For appointments please register online through Daxko. For more information please email Athletics@OurGym.org.**



*Fitness. Family. Community.*