

Winter 2024 -25 Spin / TRX / Barre Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:15-6:00am Julie	Barre 9:30-10:30am Shayna	Rhythm Ride 5:15-6:00am Julie	Spin 5:15-6:00am Julie	Spin 8:30-9:15am Marcia	Spin & Abs 8:15-9:15am Darlene	Spin 8:15-9:00am Nikki
Spin 8:30-9:15am Tammy	Spin 5:45-6:30pm Marcia	Spin & Stretch 8:30-9:30am Judy	Spin 8:30-9:15am Darlene	TRX 9:30-10:15am Marcia		
TRX 9:30-10:15am Darlene	TRX 6:45-7:30pm Lorna	TRX 9:45-10:30am Darlene	TRX 5:45-6:30pm Lorna			
Spin 5:45-6:30pm Zoe		Spin 5:45-6:30pm Tammy	Barre 6:45-7:45pm Shayna			

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through [Daxko.com](https://www.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.