

Summer 2025 Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step & Abs 7:30-8:30am <i>Judy</i>	Strength & Cardio Mix 5:15-6:00am <i>Julie</i>	Cardio, Core, & Strength 6:30-7:15am <i>Chantal</i>	Interval Training 7:30-8:30am <i>Tracy</i>	Cardio, Core, & Strength 6:30-7:15am <i>Chantal</i>	Cardio Cross (Whitin Park) 7:00-8:00am <i>Diane</i>	Step Interval 8:00-9:00am <i>Judy</i>
Strength & Cardio Mix 8:45-9:35am <i>Heidi</i>	Interval Training 7:30-8:30am <i>Judy</i>	Yoga Fusion 7:30-8:30am <i>Danielle</i>	Power Pump 8:45-9:35am <i>Judy</i>	Triple Play Step 7:30-8:30am <i>Judy</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>	Power Pump 8:45-9:35am <i>Tracy</i>	Bootcamp 8:45-9:35am <i>Darlene</i>	Fitness Yoga 9:45-10:45am <i>Judy</i>	Strength & Cardio Mix 8:45-9:35am <i>Shayna</i>	Iron Yoga 9:15-10:15am <i>Leasha</i>	
Beginner Muscle Work 11:00-11:30am <i>Tracy</i>	Zumba 9:45-10:45am <i>Pauline</i>	Yogalates 9:45-10:45am <i>Donna</i>	Zumba (Racquetball Court) 9:45-10:45am <i>Pauline</i>	Yoga 9:45-10:45am <i>Danielle</i>		
Silver Sneakers® Cardio Mix (Gym) 11:00-11:45am <i>Leasha</i>	Silver Sneakers® Balance & Strength 11:00-11:45am <i>Judy</i>	Beginner Cardio 11:00-11:30am <i>Tracy</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 (Gym) 12:00-12:45pm <i>Pauline</i>	Weight Training 3:30-4:15pm <i>Leasha</i>	Silver Sneakers® Yoga (Gym) 11:00-11:45am <i>Donna</i>	Strength & Cardio Mix 4:30-5:30pm <i>Kristine</i>	Silver Sneakers® Stretchlates 12:00-12:45pm <i>Marcia</i>		
HIIT 5:00-5:30pm <i>Zoe</i>	Strength & Cardio Mix 4:30-5:30pm <i>Kristine</i>	Silver Sneakers® Yoga (Gym) 12:00-12:45pm <i>Donna</i>	Cardio Mix 5:45-6:45pm <i>Pauline</i>	Weight Training for Beginners 4:30-5:15pm <i>Leasha</i>		
Cardio, Core & Strength 5:45-6:45pm <i>Sue</i>	Strength & Cardio Mix 5:45-6:45pm <i>Heidi</i>	HIIT 5:00-5:30pm <i>Zoe</i>				
Gentle Yoga 7:00-8:00pm <i>Lesley</i>		Interval Training 5:45-6:45pm <i>Sue</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 22 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.



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Summer 2025 Aerobics Descriptions

Beginner Cardio

Low-impact cardio exercises focusing on movement and cardiovascular health

Beginner Muscle Work

Strength training designed for those new to exercise using dumbbells, resistance bands, balls, and body weight

Bootcamp

Stations of cardio and strength training using a variety of equipment which may include kickboxing bags, weights, kettlebells, ropes, and/or tubing and occasionally agility drills

Candlelight Yoga

Gentle yoga taught in candlelight

Cardio, Core, & Strength

A mix of cardio, core training, and muscle work

Cardio Cross

Cardio moves combined with core and strengthening moves

Cardio Mix

Cardio class that is either Pound, using specialized drumsticks, or Strong, using body weight

Core 'N More

Core strengthening using body weight and/or weights

Fitness Yoga

Yoga poses that may include an added toning element

Gentle Yoga

Yoga poses that concentrate on relaxation, breathing, and stretching

HIIT (High Intensity Interval Training)

Express class that combines high intensity cardio segments and muscle work using weights, kettlebells, and/or body weight

Interval Training

Alternating segments of cardio and muscle work using weights, kettlebells, tubing, and/or balls

Iron Yoga

Yoga poses that may include holding light weights

Mind Body Fusion

Yoga poses that concentrate on the mind body connection

Power Pump

Choreographed to music, full body strength training workout using a barbell and/or weights

Silver Sneakers Balance & Strength

Chair based strength work using weights and standing balance work, geared towards seniors

Silver Sneakers Cardio Mix

Chair based low impact cardio and muscle work using weights, tubing, and/or balls, geared towards seniors

Silver Sneakers Cardio Drum Mix

Drumming on a stability ball, either seated or standing, choreographed to music alternated with low impact cardio, geared towards seniors

Silver Sneakers Stretch & Yoga

Chair based yoga poses and stretching exercises, geared towards seniors

Silver Sneakers Stretchlates

Chair based Pilates moves and stretching exercises, geared towards seniors

Silver Sneakers Yoga

Chair based yoga poses focusing on breathing and relaxation, geared towards seniors

Step & Abs

Stepping up and down on a platform, followed by an abdominal workout

Step Interval

Alternating segments of step and muscle work using weights or tubing

Strength & Cardio Mix

Segments of strength using weights, kettlebells, tubing, and/or balls and segments of high/low cardio

Triple Play Step

Muscle work using tubing or weights, followed by a step workout, finishing with an abdominal workout

Weight Training

Muscle work using weights, tubing, and/or balls, etc.

Weight Training for Beginners

Muscle work at a slower pace using weights, tubing, and/or balls, etc.

Yoga

Yoga Fusion

Yoga poses that may include using body weight and light weights

Yogalates

Combination of yoga poses and Pilates moves

Zumba

High/low impact and intensity dance moves choreographed to music



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