

# Fall 2025 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>	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 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>	Pilates 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>Chantal</i>
Mind Body Fusion 9:45-10:45am <i>Leasha</i>	Zumba 9:45-10:45am <i>Pauline</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>	Silver Sneakers® Balance & Strength 11:00-11:45am <i>Judy</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>	Weight Training 3:30-4:15pm <i>Leasha</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>	Strength & Cardio Mix 4:30-5:30pm <i>Kristine</i>	Silver Sneakers® Yoga (Gym) 11:00-11:45am <i>Donna</i>	Strength & 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>	Silver Sneakers® Yoga (Gym) 12:00-12:45pm <i>Donna</i>	Pound 5:45-6:45pm <i>Melissa</i>	Weight Training for Beginners 4:30-5:15pm <i>Leasha</i>		
HIIT 5:00-5:30pm <i>Zoe</i>		HIIT 5:00-5:30pm <i>Danielle</i>				
Cardio, Core & Strength 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 22 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://operations.daxko.com/Online/5309/ProgramsV2/Home.mvc>

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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# Fall 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

## **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

## **Pilates**

Muscle strengthening focusing on the core using Pilates rings, light weights, and/or balls

## **Pound**

Cardio class using specialized drumsticks

## **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**

Poses to improve overall health by building strength and improving balance and flexibility

## **Yogalates**

Combination of yoga poses and Pilates moves

## **Zumba**

High/low impact and intensity dance moves choreographed to music



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