

# Fall 2025 Spin / TRX / Barre Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:15-6:00am <i>Julie</i>	TRX 7:30-8:15am <i>Darlene</i>	Tabata Ride 5:15-6:00am <i>Julie</i>	Spin 5:15-6:00am <i>Julie</i>	Spin 8:30-9:15am <i>Marcia</i>	Spin & Abs 8:15-9:15am <i>Darlene</i>	Spin 8:15-9:00am <i>David</i>
Spin 8:30-9:15am <i>Danielle</i>	Spin 8:30-9:15am <i>Darlene</i>	Spin & Stretch 8:30-9:30am <i>Judy</i>	Spin 8:30-9:15am <i>Darlene</i>	TRX 9:30-10:15am <i>Marcia</i>		
TRX 9:30-10:15am <i>Darlene</i>	Barre 9:30-10:30am <i>Shayna</i>	TRX 9:45-10:30am <i>Darlene</i>	TRX 5:45-6:30pm <i>Lorna</i>			
Spin 5:45-6:30pm <i>Zoe</i>	Spin 5:45-6:30pm <i>David</i>	Spin 5:45-6:30pm <i>David</i>				
	TRX 6:45-7:30pm <i>Lorna</i>	Barre 6:45-7:45pm <i>Shayna</i>				

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through [Daxko.com](https://operations.daxko.com/Online/5309/ProgramsV2/Home.mvc). 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](mailto:Athletics@OurGym.org).**

# *Fall 2025 Spin / TRX / Barre Descriptions*

## **Barre**

Whole body workout based on ballet movements, may include weights, Pilates rings, balls, etc.

## **Spin**

Cycling on a stationary bike using a resistance knob to control intensity, tension, and speed

## **Spin & Abs**

Spin followed by an abs workout

## **Spin & Stretch**

Spin followed by yoga based stretches seated or standing

## **Tabata Ride**

Spin class that will have segments of high intensity followed by rest

## **TRX**

Total resistance exercises using suspension straps and body weight and/or balls