

Fall 2026 Aerobics Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step & Pump 7:30-8:30am Judy	Interval Training 7:30-8:30am Judy	Cardio, Core, & Strength 6:30-7:15am Chantal	Interval Training 7:30-8:30am Tracy	Cardio, Core, & Strength 6:30-7:15am Chantal	Intervals in 45 7:00-7:45am Diane	Step Interval 8:00-9:00am Judy
Rebounding (Racquetball Court) 8:45-9:30am Amy	Power Pump 8:45-9:35am Tracy	Pilates 7:30-8:30am Danielle	Rebounding (Racquetball Court) 8:45-9:30am Amy	Triple Play Step 7:30-8:30am Judy	Power Pump 8:00-9:00am Tracy	Core 'N More 9:15-10:15am Chantal
Strength & Cardio Mix 8:45-9:35am Heidi	Zumba 9:45-10:45am Pauline	Bootcamp 8:45-9:35am Darlene	Barbell Training 8:45-9:35am Heidi	Strength & Cardio Mix 8:45-9:35am Shayna	Iron Yoga 9:15-10:15am Leasha	
Mind Body Fusion 9:45-10:45am Leasha	Silver Sneakers® Balance & Strength 11:00-11:45am Tracy	Yogalates 9:45-10:45am Donna	Pilates 9:45-10:45am Amy	Yoga 9:45-10:45am Danielle		
Beginner Muscle Work 11:00-11:30am Tracy	Weight Training 3:30-4:15pm Leasha	Beginner Cardio 11:00-11:30am Tracy	Zumba (Racquetball Court) 9:45-10:45am Pauline	Silver Sneakers® Stretch & Yoga 11:00-11:45am Leasha		
Silver Sneakers® Cardio Mix (Gym) 11:00-11:45am Leasha	Strength & Cardio Mix 5:45-6:45pm Heidi	Silver Sneakers® Yoga (Gym) 11:00-11:45am Donna	Silver Sneakers® Cardio Drum Mix 11:00-11:45am Amy	Silver Sneakers® Stretchlates 12:00-12:45pm Marcia		
Silver Sneakers® Cardio Mix (Gym) 12:00-12:45pm Pauline		Silver Sneakers® Yoga (Gym) 12:00-12:45pm Donna	Strength & Cardio Mix 3:45-4:45pm Kristine	Weight Training for Beginners 4:30-5:15pm Leasha		
Strength & Cardio Mix 3:45-4:45pm Kristine		Strength & Cardio Mix 3:45-4:45pm Kristine	Core 'N More 5:45-6:45pm Chantal			
Power Pilates 5:00-5:30pm Zoe		Power Pilates 5:00-5:30pm Amy				
Cardio, Core, & Strength 5:45-6:45pm Sue		Rebounding (Racquetball Court) 5:45-6:30pm Amy				
Gentle Yoga 7:00-8:00pm Lesley		Interval Training 5:45-6:45pm Sue				
		Candlelight Yoga 7:00-8:00pm Lesley				

Prior to arriving at WCC, please reserve your spot in our classes/ programs, register online through [Daxko.com](https://operations.daxko.com/online/5309/GXP/ClassSchedule.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/GXP/ClassSchedule.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.

***NOTE: Instructors subject to change based on availability.**

Aerobics Descriptions

Barbell Training

Full body strength training workout using a barbell and/or weights

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 kick boxing 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

Core 'N More

Core strengthening using body weight and/or weights

Gentle Yoga

Yoga poses that concentrate on relaxation, breathing, and stretching

Intervals In 45

Cardio moves combined with core and strengthening moves

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

Power Pilates

Express Pilates class focusing on strength

Power Pump

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

Rebounding

Low impact, full body workout performed on a mini trampoline

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 & Pump

Stepping up and down on a platform, followed by muscle work using a barbell

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