



Group Fitness Schedule-July 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| 5:30 AM | Cycle (B)-Lindsey TRX (C)-Shae Aqua Aerobics-Theresa | Cardio Tone (C) -Mariah | Cycle (B)-Christina Sunrise Yoga (Outside/A) -Shae Aqua Aerobics-Mary S | Cardio Circuit (C)- Lindsey | Cycle (B)-Christina/Shae | |
| 6:00 AM | | | | Pilates (A)-Alissa | | |
| 6:40 AM | | Fusion Basics-Beginner's Cycle 360 (B)-Alissa | Fusion Basics-TRX & Foam Roller (C) -Alissa | | | |
| 7:45 AM | Aqua Aerobics-Cheryl | | Aqua Aerobics-Cheryl | | Aqua Aerobics-Sherry | |
| 8:00 AM | | | | | | Kettlebells (MAC)- Rotating |
| 8:30 AM | Zumba (C)-Sharon | Fit Pump (C) -Sharon | | Cardio Sculpt (C)-Sharon | Yoga (A)-Lexie | Cycle (B)-Rotating Zumba (C)-Rotating |
| 8:45 AM | Kettlebells(MAC)- Kaitlyn/Sarah | | Bootcamp/TRX (C)-Natalie/Sarah | | Cycle (B)-Sarah/Kaitlyn | |
| 9:00 AM | | | Senior Splash- Sherry Body Basics (A)-Amy | | | |
| 9:15 AM | | | Kids Fit (MAC)-Sharon | | | |
| 10:00 AM | Silver Sneakers Cardio Circuit (A)-Sharon | Silver Sneakers Classic (A)- Amy | Foam Roller (A)-Amy | Silver Sneakers Yoga (A)-Sharon | Silver Sneakers Classic (A)-Shae | |
| 11:00 AM | | Aqua Aerobics (Outside) -Chrissy | | Aqua Aerobics (Outside)- Shae | | |
| 12:10 PM | Cycle (B)-Whitney | Yoga (A)-Lexie | Cycle (B)-Chrissy | Yoga (A)-Lexie | | |
| 5:30 PM | Bootcamp (C)-Nicki Kettlebells (MAC)-Rotating | TRX (C)-Natalie Aqua Aerobics- Mary R | Bootcamp (C)-Nicki Kettlebells (MAC)-Jermaine | Total Body (C)-Natalie Aqua Aerobics- Mary R | | |
| 6:00 PM | Yoga (A)-Shae | Cycle (B)-Lisa | | Cycle 360 (B)-Lisa/Lindsey Yoga (A)-Amy/Shae | | Studios: Studio A (A)-Upper Level Studio B (B)-Upper Level Studio C (C)-Lower Level Mac Gym (MAC)-Lower Level |
| 6:30 PM | Zumba (C)-Arweena/Joy | | | Zumba (C)-Natalie | | |

*No Group Fitness Classes will be held on July 4th. Happy Independence Day!

To stay updated on class cancellations or changes, text wrccgfit to 84483 and get instant notifications to your mobile phone.
All water aerobics classes listed in blue will be held in the leisure pool, unless otherwise noted.
A full schedule is also available online at westrivercommunitycenter.com