WIFC Schedule 2018

MONDAY

5:30-6:30 AM
SPIN/Ab's
Anita

8:00-8:45 AM
C.S.I.
Eva

8:45-9:30 AM
Butts & Guts
Eva

9:30-10:30 AM
Sculpt to the Max
Sandie

9:30-10:30 AM**
Boot Camp
Eva

10:35-11:35 AM
Low Cardio
"BOOM"
Strength & Stretch
Sandie

12:00-1:00 PM
Core Infusion
Eva

5:00-5:55 PM
C.S.I.
Anita

6:00-6:55 PM
Total Body Workout
Pilar

7:00-8:00 PM
Cardio Kick
Pilar

TUESDAY

5:30-6:30 AM
Total Body Workout
Anita

8:00-8:55 AM
Core Infusion
Joan

9:00-9:55 AM
SPIN
Joan

10:00-11:00 AM
Silver Sneakers I
Sandie

11:05-11:55 AM
Gentle Stretch
Sandie

12:00-1:00 PM
Boot Camp
Lyndsey

5:00-5:15 PM
Ab Blast
Liz

5:15-6:00 PM
MetCon
Liz

6:30-7:25 PM
Turbo Kick
Hillary

7:30-8:30 PM
Yoga
Kathy

WEDNESDAY

5:30-6:30 AM
Zumba
Tammi

8:00-8:55 AM
Total Body Workout
Eva

9:00-9:55 AM
Sculpt to the Max
Sandie

9:00-9:55 AM**
Boot Camp
Eva

10:00-11:00 AM
Silver Sneakers II
Eva

11:05-11:55 AM
Yoga
Kathy

12:00-1:00 PM
Total Body Workout
Eva

5:00-5:55 PM
Muscle Definition
Aimee S.

6:00-6:55 PM
Total Body Workout
Hillary

7:00-7:45 PM
Zumba
Hillary

THURSDAY

5:30-6:30 AM
SPIN/Ab's
Anita

8:00-8:55 AM
Core Infusion
Joan

9:00-9:55 AM
SPIN
Joan

10:00-11:00 AM
Silver Sneakers I
Sandie

11:05-11:55 AM
Gentle Stretch
Sandie

12:00-1:00 PM
C.S.I.
Lyndsey

5:00-5:15 PM
Ab Blast
Aimee

5:15-6:00 PM
Total Body Workout
Aimee

6:05-7:00 PM
SPIN/Abs
Carol

7:05-8:05 PM
Yoga
Kathy

FRIDAY

5:30-6:30 AM
Boot Camp
Anita

8:00-8:45 AM
Total Body Workout
Eva

8:45-9:30 AM
Butts & Guts
Eva

9:30-10:30 AM
Muscle Definition
Sandie

10:35-11:35AM
Low Cardio
"BOOM"
Strength & Stretch
Sandie

12:00-1:00 PM
Total Body Workout
Lyndsey

****Class <u>not held</u> in the Aerobics Room**

SATURDAY

8:00-8:55 AM
SPIN/Abs
Rotation

9:00-9:55 AM
S.O.S.
Danielle

10:00-11:00 AM
Zumba
Rotation

Winter Schedule

SUNDAY

12:00-1:00 PM
Turbo Kick
Hillary

1:00-2:00 PM
Total Body Workout
Hillary

<u>Pre-Registration</u> is Required for CSI & Spinning Only 735-6286**

Child Care Hours
Monday-Friday
8:30 AM-1:00 PM
Monday-Thursday
4:30-8:30 PM
Saturday
8:00 AM-12:00 PM