

WCRC Fitness Class Calendar

UPDATED Dec 9th, 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7am Rise and Spin Jim Deni (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3)	6:15-7am Rise and Spin Jim Deni (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3)	6:15-7am Rise and Spin Jim Deni (Spin Room)	9-10am Weekend Ride 12/1 - Jim Deni 12/13- Laura Elliott 12/20 - Jim Deni 12/27 - Jess Welch
8:30-9:15am Cardio Sculpt Joyce Creed (Gym 3)	9:15-10:15am Sweat and Spin Shannon Stapleton (Spin Room)	8-9am Stability and Flexibility Karen Kimbro (Community Room)	9:30-10:30am Power Spin Stephanie Roberts (Spin Room)	8-9am Stability and Flexibility Karen Kimbro (Community Room)	8:30-9:30am Tai Chi Matthew Rand (Community Room)
9:45-10:30am Pilates Kim Davis (Community Room)	9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)	9:45-10:30pm Pilates Kim Davis (Community Room)	9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)	8:30-9:15am Cardio Sculpt Joyce Creed (Gym 3)	11-12pm Slow Flow Betsy Harris (Community Room)
10:15-11am Zumba Gwen Dhing (Gym 3)	11:45-12:30pm Zumba Gwen Dhing (Gym 3)	9:45-10:30am Cardio Core Jess Welch (Gym 3)	10:45-11:45am Zen Barre Cynthia Carlson (Community Room)	9:30-10:30am Sweat and Spin Joyce Creed (Spin Room)	
10:45-11:30am Silver Sneakers Kim Davis (Community Room)	12-1pm Vinyassa Yoga Betsy Harris (Community Room)	10:45-11:30am Silver Sneakers Kim Davis (Community Room)	12-1pm Slow Flow Lynsey Nellis (Community Room)	10:15-11am Cardio Core Jess Welch (Community Room)	
11-11:45am Cardio Core Jess Welch (Gym 4)	5:30-6:30pm Power Spin Stephanie Roberts (Spin Room)	12:00-1:00pm Slow Flow Dee Pelicio (Community Room)	4:00-4:45 Chair Yoga Kathie Billing (Community Room)	11:15-12 pm Silver & Fit Estyn Phipps (Community Room)	
12:00-1:00PM Slow Flow Dee Pellicio (Community Room)		12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)	4:30-5:30pm Sweat and Spin Shannon Stapleton (Spin Room)	12:15-1:15pm Sweat and Spin Shannon Stapleton (Spin Room)	
12-12:30pm Wellness Instruction Jess Welch		5:30-6:30pm Tai Chi Karen Caldwell (Community Room)	5:30-6:30pm Zumba Gwen Dhing (Gym 4)		
12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)		5:30-6:30pm Sweat and Spin 12/3 - Laura Elliott 12/10 - Stephanie Roberts 12/17 - Stephanie Roberts			
5:30-6:30pm Tai Chi Karen Caldwell (Community Room)					
5:30-6:30pm Sweat and Spin Shannon Stapleton (Spin Room)					

- Yoga
- Cardio
- Strength
- Spin
- Zumba
- Wellness

Updates

12/9
5:30 - 6:30 PM Spin class will
be cancelled!

The WCRC will be closed on
12/24 & 12/25. All classes will
be cancelled on 12/26 as well.

Online registration is only
required for Spin & Pilates. You
may register up to three days
in advance! Email questions to
Eric.Hesslink@watgov.org

Please see the Aquatic
Schedule for Water
Aerobics!