

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7am Rise and Spin CANCELLED FOR AUGUST MORE UPDATES SOON 8:30-9:15am Cardio Sculpt Joyce Creed (Gym 3) 9:45-10:30am Pilates Kim Davis (Community Room) 10:15-11am Zumba Gwen Dhing (Gym 3) 10:45-11:30am Silver Sneakers Kim Davis (Community Room) 11-11:45am Cardio Core Jess Welch (Gym 4) 12:00-1:00PM Slow Flow Dee Pelicio (Community Room) 12-12:30pm Wellness Instruction Jess Welch 12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room) 5:30-6:30pm Tai Chi Karen Caldwell (Community Room) 5:30-6:30pm Sweat and Spin Shannon Stapleton (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3) 9:15-10:15am Sweat and Spin Shannon Stapleton (Spin Room) 9:45-10:30 Power Pilates Chelsea Mudiam (Gym 3) 11:45-12:30pm Zumba Gwen Dhing (Gym 3) 12-1pm Vinyassa Yoga Betsy Harris (Community Room) 5:30-6:30pm Power Spin 8/4 - Laura Elliott 8/11 - Stephanie Roberts 8/18 - Laura Elliott 8/25 - Laura Elliott (Spin Room)	6:15-7am Rise and Spin Jim Deni (Spin Room) 9:45-10:30am Pilates Kim Davis (Community Room) 9:45-10:30am Cardio Core Jess Welch (Gym 3) 10:45-11:30am Silver Sneakers Kim Davis (Community Room) 12:00-1:00pm Slow Flow Dee Pelicio (Community Room) 12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room) 5:30-6:30pm Tai Chi Karen Caldwell (Community Room) 5:30-6:30pm Sweat and Spin Stephanie Roberts (Spin Room)	8:30-9:30am Functional Fitness Jess Welch (Gym 3) 9:30-10:30am Power Spin Stephanie Roberts (Spin Room) 9:45-10:30 Power Pilates Chelsea Mudiam (Gym 3) 10:45-11:30am Zen Barre Cynthia Carlson (Community Room) 11:45-12:30 Silver & Fit Cynthia Carlson & Stephanie Roberts (Community Room) 4:00-4:45 Chair Yoga Kathie Billing (Community Room) 4:30-5:30pm Sweat and Spin Shannon Stapleton (Spin Room) 5:30-6:30pm Zumba Gwen Dhing (Gym 4)	8:30-9:15am Cardio Sculpt Joyce Creed (Gym 3) 9:30-10:30am Sweat and Spin Joyce Creed (Spin Room) 10:15-11am Cardio Core Jess Welch (Community Room) 10:15-11:00 Zumba Gwen Dhing (Gym 3) 11:15-12 pm Silver & Fit Estyn Phipps (Community Room) 12:15-1:15pm Sweat and Spin Shannon Stapleton (Spin Room) Updates 8/3- Cardio Core Cancelled 8/3- Wellness Instruction Cancelled 8/4 - Functional Fitness Cancelled 8/6- Zen Barre Cancelled 8/3, 8/4, 8/6, 8/7- Zumba Cancelled	9-10am Weekend Ride 8/1 - Laura Elliott 8/8 - Cancelled 8/15 - Cancelled 8/22- Cancelled 8/29- Laura Elliott 8:30-9:30am Tai Chi Matthew Rand (Community Room) 11-12pm Slow Flow Betsy Harris (Community Room) Sunday Online registration is only required for Spin & Pilates. You may register up to three days in advance! Email questions to Lindsay.Ford@watgov.org Please see the Aquatic Schedule for Water Aerobics!
Yoga	Cardio	Strength	Spin	Zumba	Wellness