



# GROUP EX WEEKLY UPDATES

## Mar 16th-Mar22nd Instructor "B" Week



### MONDAY

#### SUB NAME

7:30am	Core Strength	Lorrie
8:30am	Cycle	Cheryl
9:30am	Cycle	Barb
9:30am	F.A.S.T.	Lorrie
6:00pm	Cardio Jam	TBD

### TUESDAY

#### SUB NAME

7:30am	Low Imp Cardio Burn	Lorrie
8:00am	Final Cut Xps	Lorrie
10:30am	F.A.S.T. Lite	Anna
1:00pm	Gentle Yoga	Joan V

### WEDNESDAY

#### SUB NAME

6:45am	Tabata Takeover	Anna
8:30am	Final Cut	Anna

### THURSDAY

#### SUB NAME

7:30am	Power Intervals	Leslie
8:30am	Yoga Level 1-2	Carrie
9:30am	Cycle	Suzi

### FRIDAY

#### SUB NAME

8:15am	Cardio Strength	TBD
9:30am	Barre Fusion	Jessica R
9:30am	Zumba	Jessica B
10:30am	Barre Fusion Lite	Lorrie
5:00pm	Yoga Level 1-2	Guest Instructor

### SATURDAY

#### SUB NAME

8:30am	Knockout!	Lisa D
10:30am	Yoga Level 1-2	TBD

### SUNDAY

#### SUB NAME

7:30am	Cycle	TBD
8:30am	Power Intervals	Nancy
9:30am	Final Cut	Anna

\*\*\*\* Class will not be held this week only

Please check the app prior to a class for classes listed with a "TBD" sub for further details



THIS HAS BEEN UPDATED 03/15  
PLEASE CHECK THE WSC APP FOR LATEST UPDATES REGARDING  
INSTRUCTOR SUBSTITUTIONS PRIOR TO THE CLASS  
REMEMBER TO REFRESH YOUR WEB BROWSER AND APP