

WCRC Fitness Class Calendar

UPDATED May 6th, 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>6:15-7am Rise and Spin Jim Deni (Spin Room)</div> <div>8:00-9:00am Slow Flow Dee Pellicio (Community Room)</div> <div>8:30-9:15am Cardio Sculpt Estyn Phipps (Gym 3)</div> <div>8:30-9:30 Spin+ Kim Davis (Spin Room)</div> <div>9:45-10:30am Pilates Kim Davis (Community Room)</div> <div>10:15-11am Zumba Gwen Dhing (Gym 3)</div> <div>10:45-11:30am Silver Sneakers Kim Davis (Community Room)</div> <div>11-11:45am Cardio Core Jess Welch (Gym 4)</div> <div>12-12:30pm Wellness Instruction Jess Welch</div> <div>12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>5:30-6:30pm Tai Chi Karen Caldwell (Community Room)</div> <div>5:30-6:30pm Sweat and Spin Shannon Stapleton (Spin Room)</div>	<div>8:30-9:30am Functional Fitness Jess Welch (Gym 3)</div> <div>8:00-9:00am Slow Flow Dee Pelicio (Community Room)</div> <div>9:15-10:15am Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)</div> <div>11:45-12:30pm Zumba Gwen Dhing (Gym 3)</div> <div>12-1pm Vinyassa Yoga Betsy Harris (Community Room)</div> <div>4:30-5:15pm Chair Yoga Macy Kraslawky (Community Room)</div> <div>5:30-6:30pm Power Spin Stephanie Roberts (Spin Room)</div>	<div>6:15-7am Rise and Spin Jim Deni (Spin Room)</div> <div>8-9am Stability and Flexibility Karen Kimbro (Community Room)</div> <div>8:30-9:30 Spin+ Kim Davis (Spin Room)</div> <div>9:45-10:30pm Pilates Kim Davis (Community Room)</div> <div>9:45-10:30am Cardio Core Jess Welch (Gym 3)</div> <div>10:45-11:30am Silver Sneakers Kim Davis (Community Room)</div> <div>12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>4-5pm Zumba Gold Cynthia Carlson (Community Room)</div> <div>5:30-6:30pm Tai Chi Karen Caldwell (Community Room)</div> <div>5:30-6:30pm Sweat and Spin 5/7- Laura Elliott 5/14- Stephanie Roberts 5/21- Jess Welch 5/28- Laura Elliott</div>	<div>8:30-9:30am Functional Fitness Jess Welch (Gym 3)</div> <div>9:30-10:30am Power Spin Stephanie Roberts (Spin Room)</div> <div>9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)</div> <div>10:45-11:45am Zen Barre Cynthia Carlson (Community Room)</div> <div>12-1pm Slow Flow Lynsey Nellis (Community Room)</div> <div>4:30-5:30pm Sweat and Spin Shannon Stapleton (Spin Room)</div> <div>4:30-5:15pm Chair Yoga Macy Kraslawky (Community Room)</div> <div>5:30-6:30pm Zumba Gwen Dhing (Gym 4)</div>	<div>6:15-7am Rise and Spin Jim Deni (Spin Room)</div> <div>8-9:00am Slow Flow Dee Pelicio (Community Room)</div> <div>8:30-9:15am Cardio Sculpt Estyn Phipps (Gym 3)</div> <div>9:30-10:30am Sweat and Spin Joyce Creed (Spin Room)</div> <div>10:15-11am Cardio Core Jess Welch (Community Room)</div> <div>11:15-12 pm Silver Fit Estyn Phipps (Community Room)</div> <div>12:15-1:15pm Sweat and Spin Shannon Stapleton (Spin Room)</div>	<div>9-10am Weekend Ride 5/3- Stephanie Roberts 5/10- Laura Elliott 5/17- Laura Elliott 5/24- Laura Elliott 5/31- Jim Deni</div> <div>11-12pm Slow Flow Betsy Harris (Community Room)</div> <div>Sunday</div> <div>2:00 - 3:00 Sunday Spin Joyce Creed (Spin Room)</div>

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

Schedule Updates

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!