



WAVERLEY OAKS

ATHLETIC CLUB

Group Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	CYCLE JOANIE	LES MILLS BODYPUMP AMY	CYCLE JOANIE	LES MILLS BODYPUMP SHANNON			
8:30 a.m.	TABATA CARA	PILATES MAT SANDRA	LES MILLS BODYPUMP DORY	CYCLE MICHELE	FIT FOR ALL TERI	7:30 a.m. KUNDALINI YOGA GURUATMA (90 MIN)	
9:30 a.m.	LES MILLS BODYPUMP JULIE	CARDIO MUSCLE TERI	ZUMBA DEB S. <small>FINEST</small>	CARDIO MUSCLE STEPHANIE	TABATA DIMITRA	8:00 a.m. CYCLE KARLEEN	8:00 a.m. CYCLE KARLEEN
9:30 a.m.		CYCLE CARA		PILATES MAT SANDRA	VINYASA YOGA KALI	8:15 a.m. LES MILLS BODYCOMBAT JESS	8:30 a.m. SUNRISE YOGA JOANIE
10:00 a.m.	AQUACISE DORY (45MIN)		AQUACISE ROCHELLE (45MIN)		AQUAfit ROCHELLE	9:15 a.m. BODY SCULPT PIA	9:00 a.m. LES MILLS BODYPUMP JESS
10:30 a.m.	BODY CONDITIONING (ME) KIM	BARRE BASICS (ME) KIM	BODY CONDITIONING (ME) TERI	GENTLE YOGA (ME) DEB D.	ZUMBA Gold EXPRESS (ME) KIM	9:30 a.m. CYCLE SHEILA/MELISSA	9:30 a.m. CYCLE SHEILA/MELISSA
11:00 a.m.		AQUAfit DE (45MIN)		AQUAfit JACKIE	BODY CONDITIONING EXPRESS (ME) KIM	10:00 a.m. LOUD & PROUD EMILIA	10:00 a.m. CARDIO SCULPT KRISTEN K.
12:00 p.m.		CYCLE EXPRESS NANCY	PURE LIFT SCOTT (45MIN)	TABATA EXPRESS NANCY		10:30 a.m. ZUMBA DEB S. <small>FINEST</small>	10:00 a.m. LES MILLS BODYCOMBAT SHANNON
12:45 p.m.		TABATA EXPRESS NANCY		CYCLE EXPRESS NANCY		10:30 a.m. PILATES MAT PIA	10:30 a.m. POWER YOGA EMILY
4:30 p.m.		BALLEfit ELLEN					11:00 a.m. ZUMBA VIELKA <small>FINEST</small>
5:00 p.m.	BARRE SUE		PILATES MAT SUE				
5:30 p.m.	STRONG NICOLE <small>ZUMBA</small>	BODY SCULPT SCOTT	ZUMBA TIMORA <small>FINEST</small>	LES MILLS BODYPUMP JULIE			
6:00 p.m.	PILATES MAT SUE	POWER YOGA TALENE		VINYASA FLOW TALENE			
6:00 p.m.	CYCLE KEN		CYCLE SHEILA/MELISSA				
6:30 p.m.	LES MILLS BODYPUMP KRISTEN M.	ZUMBA BEN <small>FINEST</small>	LES MILLS BODYPUMP ZACK	TABATA SCOTT			
6:30 p.m.		CYCLE JOANIE		CYCLE KEN			
7:00 p.m.	SPLASH TRACK DORY	LOUD & PROUD EMILIA	HYDRO CHALLENGE DORY	CARDIO SCULPT KRISTEN K.			
7:30 p.m.	VINIYOGA JACQUI		VINYASA FLOW DORE	GENTLE YOGA KALI			
7:30 p.m.	ZUMBA KARA <small>FINEST</small>		STRONG VIELKA <small>FINEST</small>	ZUMBA BEN <small>FINEST</small>			

- STUDIO 1 Main Floor
- STUDIO 2 Lower Floor
- STUDIO 4 Upper Floor
- POOL Pool

Club Hours
 Sunday & Saturday 7am - 8pm
 Monday - Thursday 5am - 11pm
 Friday 5am - 9pm

Kids Club
Monday - Thursday
 8:30am - 1:30pm &
 4:00pm - 7:30pm
Fridays 8:30am - 1:30pm
Saturdays 8:00am - 1:00pm
Sundays 8:30 - 12:30pm
 space is limited,
 reservations suggested

For holiday and weather changes check the website:
www.waverleyoaks.com

EFFECTIVE: APRIL 15th, 2018



