 **WCP GROUP EXERCISE SCHEDULE**

**\*Winter/Spring – January 9 to June 23, 2023\***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Notes:** |
|  |  |  |  | * Classes included in membership, sign up online or with the App
* This is a dynamic schedule and will change with member needs
* Class instructor may vary due to injury/illness

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| **FULL BODY STRENGTH***12:15 -1:00*Kim | **Hiit** *12-12:45*Marisha | **QUICK CORE** *12:05-12:30*Kirsten | **BOOTCAMP***12-12:45*Teresa |
|  |  | **STRETCH EXPRESS***12:30-12:55*Kirsten |  |
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