 **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 |
| **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 |  |
|  |  |  |  |