

EFFECTIVE: JUNE 12th 2017

WAVERLEY OAKS ATHLETIC CLUB

Group Fitness SUMMER Schedule



WAVERLEY OAKS
ATHLETIC CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	CYCLE JOANIE	LES MILLS BODYPUMP AMY	CYCLE JOANIE	LES MILLS BODYPUMP SHANNON		7:30 a.m. (90min) Kundalini Yoga GURUATMA	8:30 a.m. SUNRISE YOGA (Vinyasa) JACALYNN
8:30 a.m.	TABATA CARA	PILATES MAT SANDRA	LES MILLS BODYPUMP DORY	CYCLE LERA	FIT FOR ALL TERI	8:15 a.m. LES MILLS BODYCOMBAT JESS	9:00 a.m. LES MILLS BODYPUMP JESS
9:30 a.m.	LES MILLS BODYPUMP JULIE	CARDIO MUSCLE TERI	ZUMBA DEB	LES MILLS BODYCOMBAT JESS	TABATA DIMITRA	8:30 a.m. CYCLE SHEILA/ MELISSA	9:30 a.m. CYCLE SHEILA/ MELISSA
9:30 a.m.		CYCLE LERA		PILATES MAT SANDRA	VINYASA YOGA ANGELA	9:15 a.m. LES MILLS BODYPUMP JESS	10:00 a.m. LES MILLS BODYCOMBAT DEB S.
10:00 a.m.	(45min) AQUACISE DORY		(45min) AQUACISE ROCHELLE		AQUAfit ROCHELLE	10:00 a.m. LOUD & PROUD EMILIA	10:00 a.m. CARDIO SCULPT KRISTEN
10:30 a.m.	BODY CONDITIONING (ME) KIM C.	BARRE BASICS (ME) KIM C.	BODY CONDITIONING (ME) TERI	GENTLE YOGA (ME) DEB D	ZUMBA (ME) KIM C. express	10:30 a.m. ZUMBA DEB	10:30 a.m. VINYASA POWER YOGA EMILY
11:00 a.m.		AQUAfit DE		AQUAfit JACKIE	BODY CONDITIONING (ME) KIM C. express		11:00 a.m. ZUMBA LEO
12:00 p.m.		CYCLE express NANCY		TABATA express NANCY			
12:45 p.m.		TABATA express NANCY		CYCLE express NANCY			
4:30 p.m.		BALLETfit ELLEN					
5:00 p.m.	BARRE SUE		PILATES MAT SUE				
5:30 p.m.	CYCLE KEN	BODY SCULPT TERI		LES MILLS BODYPUMP JULIE			
5:30 p.m.	STRONG LEO		STRONG LEO	VINYASA FLOW YOGA TALENE			
6:00 p.m.		VINYASA POWER YOGA TALENE	CYCLE SHEILA/ MELISSA				
6:00 p.m.	PILATES MAT SUE		BARRE SUE				
6:30 p.m.		ZUMBA BEN		LES MILLS BODYCOMBAT DEB S.			
6:30 p.m.	LES MILLS BODYPUMP MICHELLE	CYCLE JOANIE	LES MILLS BODYPUMP LINDSAY	CYCLE KEN			
7:00 p.m.	SPLASH TRACK DORY	WET & WILD SUZANNE	HYDRO CHALLENGE DORY	CARDIO SCULPT KRISTEN			
7:30 p.m.	GENTLE YOGA JACQUI		VINYASA FLOW YOGA ANGELA	GENTLE YOGA DEB D.			
7:30 p.m.	ZUMBA MARINA			ZUMBA MARINA			

Temporarily removed classes:
Saturdays
9:15am Body Sculpt
10:30am Pilates

Club Hours

Monday - Thursday 5:15am - 10pm
Friday 5:15am - 9pm
Saturday & Sunday 7am - 8pm

Play Care

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

STUDIO 1	Cardio & Strength
STUDIO 2	Yoga , Pilates, Balle, Barre
STUDIO 4	CYCLE
POOL	Water fitness

For holiday and weather changes check the website:

www.waverleyoaks.com

