WAVERLEY OAKS ATHLETIC CLUB

Effective: October 6th, 2025

GROUP FITNESS SCHEDULE

Begins October 6th

PRE-REGISTRATION REQUIRED | UP TO THREE DAYS IN ADVANCE | PICK UP TAG FOR CLASS UPON ARRIVAL | ARRIVE AT LEAST 5 MINUTES BEFORE CLASS START TIME

New Class/ New Instructor

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.	Cycle – Amy	LesMills BODYPUMP – Michelle	Cycle – Joanie	LesMills BODYPUMP – Amy	Cycle – Genevieve
7:15 a.m.	BARRE – Nicole	VINYASA YOGA – Alena	TABATA – Genevieve	VINYASA YOGA – Joanie	PILATES SCULPT – Tara
8:30 a.m.	LesMills BODYPUMP – Dory	LesMills BODYPUMP – Nancy	LesMills BODYPUMP – Dory		LesMills BODYPUMP – Nancy
8:30 a.m.	SLOW FLOW YOGA – Kali	PILATES MAT – Sandra	VINYASA FLOW – Amanda	PILATES MAT – Sandra	BARRE – Sandra
9:30 a.m.	ZUMBA – Darren	CARDIO MUSCLE – Teri	ZUMBA – Vielka	CARDIO STRENGTH – Heather	TABATA – Vielka
9:45 a.m.	PILATES MAT – Ami	HATHA YOGA – Joanne A.	BARRE – Ami	VINYASA FLOW – Amanda	HATHA YOGA – Joanne A.
POOL	10am HYDROBLAST – Joanne S.	11am HYDROBLAST – Carly	10am HYDROBLAST – Ellen	11am HYDROBLAST – Carly	10am HYDROBLAST – Joanne S.
10:30 a.m.		ME L1 L2 ZUMBA gold – Darren	10am Cycle – Patty	ME L1 ESSENTIAL CONDITIONING – Jinyan	
11:00 a.m.	ME L2 BODY CONDITIONING – Michelle	ME L1 BODY CONDITIONING 1130am – Kim	ME L2 BODY CONDITIONING – Teri		ME L2 ZUMBA gold – Vielka; ME L2 1130am BODY CONDITIONING – Vielka
11:00 a.m.	ME L2 YOGA TONE & SCULPT – Kelly	PILATES SCULPT – Tara	ME L1 ESSENTIAL MOBILITY – Dory	ME L2 GENTLE YOGA – Deb	
12:15 p.m.		VINYASA YOGA – Amanda	BALLET BARRE – Kim	PILATES MAT – Ami	
4:00 p.m.	YIN YOGA – Joanne A.	LesMills BODYPUMP – Andy		PILATES CORE – Nicole	YOGA SCULPT – Jan
5:15 p.m.	CARDIO SCULPT – Anne	LesMills BODYCOMBAT – Courtney	BODY SCULPT – Cara	LesMills BODYCOMBAT – Courtney	
5:15 p.m.	Cycle – Ken	Cycle – Nicole	Cycle – Michelle	Cycle – Ken	
5:30 p.m.	BARRE – Nicole	VINYASA FLOW – Sara	VINYASA YOGA – Shannon	POWER YOGA – Talene	
6:15 p.m.	ZUMBA – Stephanie	LesMills BODYPUMP – Caroline	ZUMBA – Jessica	LesMills BODYPUMP – Caroline	
6:30 p.m.	Cycle – Melissa & Sheila	Cycle – Genevieve	Cycle – Melissa & Sheila		
6:30 p.m.	YOGA STRETCH & STRENGTHEN – Jan	PILATES MAT – Jan	ME L2 GENTLE YOGA – Kali	VINYASA FLOW – Talene	
7:15 p.m.	LesMills BODYPUMP – Andy	ZUMBA – Vielka	LesMills BODYPUMP – Andy	ZUMBA – Stephanie	
7:30 p.m.	VINIYOGA – Jacqui		BARRE – Ami	YIN YOGA – Alena	

Begins October 6th

Saturday

7:30 a.m.	Cycle – Melissa & Sheila
8:15 a.m.	LesMills BODYCOMBAT – Alon
9:00 a.m.	YIN YOGA – Alena
9:00 a.m.	Cycle – Charlotte
9:15 a.m.	BODY SCULPT – Jan
10:30 a.m.	PILATES MAT – Jan
10:30 a.m.	ZUMBA – Nicole
11:15 a.m.	HYDROBLAST – Dory
11:45 a.m.	VINYASA YOGA – Erika

Sunday

8:00 a.m.	Cycle – Charlotte
9:00 a.m.	VINYASA YOGA – Joanie
9:00 a.m.	LesMills BODYPUMP – Caroline
9:30 a.m.	Cycle – Melissa & Shiela
10:15 a.m.	TABATA – Genevieve/Kayla
10:15 a.m.	HYDROBLAST – Vielka
10:30 a.m.	POWER YOGA – Erin
11:30 a.m.	ZUMBA – Vielka

All Class durations are 45 minutes unless otherwise noted.

55 minutes

ME L1 L2 Movement Essentials Program
Level 1 Beginners
Level 2 Intermediate

- Cycle – UPPER LEVEL
- Pool – LOWER LEVEL
- Energize – MAIN LEVEL
- Exhale – LOWER LEVEL

Club Hours

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

KIDS CLUB

Advanced Reservations Required
Monday - Friday
8:15am - 12:15pm
Monday - Thursday
4:00pm - 7:30pm
Saturday & Sunday
8:00am - 1:00pm

Class Descriptions can be found on our website:

For changes due to Holidays or Weather check our website: www.waverleyoaks.com