



Effective: November 1st, 2026

WAVERLEY OAKS ATHLETIC CLUB



GROUP FITNESS SCHEDULE

PRE-REGISTRATION REQUIRED | CLASSES OPEN 72 HOURS IN ADVANCE | PICK UP TAG FOR CLASS UPON ARRIVAL | ARRIVE AT LEAST 5 MINUTES BEFORE CLASS START TIME

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:00 a.m.	Endurance Ride Amy	LES MILLS BODYPUMP Michelle	Ride & Shine Joanie	LES MILLS BODYPUMP Amy	HIIT the Beat Genevieve			
7:15 a.m.	BARRE Nicole	VINYASA YOGA Alena	TABATA Genevieve	VINYASA YOGA Joanie	BODY SCULPT Genevieve			
8:30 a.m.	LES MILLS BODYPUMP Dory	LES MILLS BODYPUMP Nancy	LES MILLS BODYPUMP Dory	LES MILLS BODYPUMP Nancy	LES MILLS BODYPUMP Andy	7:30 a.m.	Mac Attack Melissa & Sheila	
8:30 a.m.	SLOW FLOW YOGA Kali	PILATES MAT Sandra	VINYASA FLOW Amanda	PILATES MAT Sandra	BARRE Sandra	8:00 a.m.	POWER FLOW YOGA Alena	Stronger Every Ride Charlotte
9:30 a.m.	ZUMBA Darren	CARDIO MUSCLE Teri	ZUMBA Vielka	CARDIO STRENGTH Heather	TABATA Vielka	8:15 a.m.	LES MILLS BODYCOMBAT Fulya	LES MILLS BODYPUMP Jonathan
9:45 a.m.	PILATES MAT Ami	HATHA YOGA Joanne A.	BARRE Ami	VINYASA FLOW Amanda	HATHA YOGA Jinyan	9:00 a.m.	YIN YOGA Alena	VINYASA YOGA Joanie
POOL	10am HYDROBLAST Joanne S.	11am HYDROBLAST Carly	10am HYDROBLAST Ellen	11am HYDROBLAST Carly	10am HYDROBLAST Joanne S.	9:15 a.m.	BODY SCULPT Jan	Mac Attack Melissa & Sheila
10:30 a.m.	10am Geared Up Janice P.	ME L1 L2 ZUMBA gold Darren	10am Trailblaze Patty	ME L1 ESSENTIAL CONDITIONING Jinyan	ME L1 L2 ZUMBA gold Vielka	9:30 a.m.	HIIT the Beat Genevieve	ZUMBA Kayla
11:00 a.m.	ME L2 YOGA TONE & SCULPT Kelly	YIN YOGA Joanne A.	ME L1 ESSENTIAL MOBILITY Dory	ME L2 GENTLE YOGA Jacqui / Deb	POWER YOGA Talene	10:30 a.m.	PILATES MAT Jan	HYDROBLAST Vielka
11:00 a.m.	ME L2 BODY CONDITIONING Michelle	ME L1 ESSENTIAL CONDITIONING Teri	ME L2 BODY CONDITIONING Teri		ME L2 BODY 1130am CONDITIONING Vielka	10:30 a.m.	ZUMBA Nicole	TABATA Kayla
12:15 p.m.		VINYASA YOGA Amanda	PILATES MAT Sandra	PILATES MAT Ami	The serenity Heather session	10:45 a.m.	Ride & Vibe Abby	INSIDE FLOW POWER YOGA Erin
4:00 p.m.		LES MILLS BODYPUMP Andy			Ride & Vibe Begins Nov 12th Abby	11:15 a.m.	HYDROBLAST Dory	ZUMBA Vielka
4:00 p.m.	YIN YOGA Talene	PILATES SCULPT Nicole	YOGA STRETCH & STRENGTHEN Talene	PILATES SCULPT Nicole		11:45 a.m.	VINYASA YOGA Erika	YOGA NIDRA FLOW Erin
5:15 p.m.	CARDIO SCULPT Anne	LES MILLS BODYCOMBAT Courtney	BODY SCULPT Cara	LES MILLS BODYCOMBAT Caroline				
5:15 p.m.	Power & Pace Ken	Rhythm & Ride Nicole	Classic Cycle Michelle	Power & Pace Ken				
5:30 p.m.	BARRE Nicole	VINYASA FLOW Sara	VINYASA YOGA Sara	POWER YOGA Talene				
6:15 p.m.	ZUMBA Stephanie	LES MILLS BODYPUMP Caroline	ZUMBA Jessica	LES MILLS BODYPUMP Caroline				
6:30 p.m.	Mac Attack Melissa & Sheila	Hiit & Hills Britton	Mac Attack Melissa & Sheila	Power Ride Kat				
6:30 p.m.	YOGA STRETCH & STRENGTHEN Jan	PILATES MAT Jan	ME L2 GENTLE YOGA Kali	VINYASA FLOW Talene				
7:15 p.m.	LES MILLS BODYPUMP Ellen	ZUMBA Vielka	LES MILLS BODYPUMP Andy	ZUMBA Stephanie				
7:30 p.m.	ME L2 GENTLE YOGA Jacqui	BARRE Kat	BARRE Ami	YIN YOGA Alena				

All Class durations are 45 minutes unless otherwise noted.

55 minutes
Movement Essentials Program
Level 1 Beginners
Level 2 Intermediate

Cycle UPPER LEVEL
Pool LOWER LEVEL
Energize MAIN LEVEL
Exhale LOWER LEVEL
SEASONAL

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

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: