

WCRC Fitness Class Calendar

UPDATED FEB 12th, 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Yoga

Cardio

Strength

Spin

Zumba

Wellness

Updates

2/14

Saturday Spin will be cancelled!

6:15-7am Rise and Spin Jim Deni (Spin Room)
8:30-9:15am Cardio Sculpt Joyce Creed (Gym 3)
9:45-10:30am Pilates Kim Davis (Community Room)
10:15-11am Zumba Gwen Dhing (Gym 3)
10:45-11:30am Silver Sneakers Kim Davis (Community Room)
11-11:45am Cardio Core Jess Welch (Gym 4)
12:00-1:00PM Slow Flow Dee Pellicio (Community Room)
12-12:30pm Wellness Instruction Jess Welch
12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)
5:30-6:30pm Tai Chi Karen Caldwell (Community Room)
5:30-6:30pm Sweat and Spin Shannon Stapleton (Spin Room)

8:30-9:30am Functional Fitness Jess Welch (Gym 3)
9:15-10:15am Sweat and Spin Shannon Stapleton (Spin Room)
9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)
11:45-12:30pm Zumba Gwen Dhing (Gym 3)
12-1pm Vinyassa Yoga Betsy Harris (Community Room)
5:30-6:30pm Power Spin Stephanie Roberts (Spin Room)

6:15-7am Rise and Spin Jim Deni (Spin Room)
8-9am Stability and Flexibility Karen Kimbro (Community Room)
9:45-10:30pm Pilates Kim Davis (Community Room)
9:45-10:30am Cardio Core Jess Welch (Gym 3)
10:45-11:30am Silver Sneakers Kim Davis (Community Room)
12:00-1:00pm Slow Flow Dee Pellicio (Community Room)
12:15-1pm Sweat and Spin Shannon Stapleton (Spin Room)
5:30-6:30pm Tai Chi Karen Caldwell (Community Room)
5:30-6:30pm Sweat and Spin 2/4- Laura Elliott 2/11- Laura Elliott 2/18- Laura Elliott 2/25- Laura Elliott

8:30-9:30am Functional Fitness Jess Welch (Gym 3)
9:30-10:30am Power Spin Stephanie Roberts (Spin Room)
9:45-10:30 Power Pilates Chelsea Mudiam (Community Room)
10:45-11:45am Zen Barre Cynthia Carlson (Community Room)
4:00-4:45 Chair Yoga Kathie Billing (Community Room)
4:30-5:30pm Sweat and Spin Shannon Stapleton (Spin Room)
5:30-6:30pm Zumba Gwen Dhing (Gym 4)

8-9am Stability and Flexibility Karen Kimbro (Community Room)
8:30-9:15am Cardio Sculpt Joyce Creed (Gym 3)
9:30-10:30am Sweat and Spin Joyce Creed (Spin Room)
10:15-11am Cardio Core Jess Welch (Community Room)

9-10am Weekend Ride 2/7- Jess Welch 2/14- CANCELLED 2/21- Laura Elliott 2/28- Laura Elliott
8:30-9:30am Tai Chi Matthew Rand (Community Room)
11-12pm Slow Flow Betsy Harris (Community Room)

1:00 - 2:00 PM Sweat and Spin Joyce Creed (Spin Room)
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Online registration is only required for Spin & Pilates. You may register up to three days in advance! Email questions to Eric.Hesslink@watgov.org

Please see the Aquatic Schedule for Water Aerobics!