WCRC Fitness Class Calendar

UPDATED November 10, 2026

Monday

8:30-9:15am Cardio
Sculpt Joyce Creed
(Gym 4)

9:45-10:30am Pilates
Kim Davis
(Community Room)

10:15-11am Zumba
Gwen Dhing
(Gym 4)

10:45-11:30am Silver Sneakers
Kim Davis - (Community Room)
(Sign Up Begins at 10:00)

11-11:45am Cardio Core
Jess Welch
(Gym 4)

12:00-1:00PM Slow Flow
Dee Pellicio
(Pool Room)

12-12:30pm
Wellness Instruction-Willa Gettys-No class Nov 16

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)

Tuesday

8:30-9:30am Functional Fitness
Jess Welch
(Gym 4)

9:15-10:15am Sweat and Spin
Shannon Stapleton
(Spin Room)

9:45-10:30 Power Pilates
Chelsea Mudiam
(Gym 4)

10:30-11:15am Beginner Spin
Laura Elliot-(Spin Room)
Starts Nov. 10

11:45-12:30pm Zumba
Gwen Dhing
(Gym 4)

12-1pm Vinyassa Yoga
Betsy Harris
(Community Room)

5:30-6:00pm
Wellness Instruction
Willa Gettys

5:30-6:30pm Sweat and Spin
Laura Elliot
(Spin Room)

Wednesday

6:15-7am Rise and Spin
Jim Deni
(Spin Room)

9:45-10:30am Pilates
Kim Davis
(Community Room)

9:45-10:30am Cardio Core
Jess Welch
(Gym 4)

10:45-11:30am Silver Sneakers
Kim Davis
(Community Room)
(Sign Up Begins at 10:00)

12:00-1:00pm Slow Flow
Dee Pelicio
(Pool 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 Power Spin
11/4 - Stephanie Roberts
11/11 - Deb Collins
11/18 - Laura Elliot
11/25 - Jim Deni
(Spin Room)

Thursday

8:30-9:30am Functional Fitness
Jess Welch
(Gym 4)

9:30-10:30am Power Spin
11/5 - Stephanie Roberts
11/12 - Laura Elliot
11/19 - Jim Deni
11/26 - REC CENTER CLOSED
(Spin Room)

9:45-10:30 Power Pilates
Chelsea Mudiam
(Gym 4)

10:45-11:30am Balance Flow
Betsy Harris
(Community Room)

4:00-5:00 Chair Yoga
Kathie Billing
(Community Room)

4:30-5:30pm Sweat and Spin
Shannon Stapleton
(Spin Room)

5:30-6:30pm Zumba
Gwen Dhing
(Community Room)

Friday

8:30-9:15am Cardio Sculpt
Joyce Creed
(Gym 4)

9:30-10:30am Sweat and Spin
Joyce Creed
(Spin Room)

10:15-11am Cardio Core
Jess Welch
(Community Room)

10:15-11:00 Zumba
Gwen Dhing
(Gym 4)

11:15-12 pm Silver & Fit
Estyn Phipps - (Community Room)
(Sign Up Begins at 10:00)

12:15-1:15pm Sweat and Spin
Shannon Stapleton
(Spin Room)

Updates

Nov. 16-- No Wellness Instruction.

Dee's Slow Flow has moved to the pool room.

Saturday

9-10am Weekend Ride
11/7 - Laura Elliot
11/14 - Laura Elliot
11/21 - Dave Winkler
11/28 - Dave Winkler
Spin Room

8:30-9:30am Tai Chi
Matthew Rand
(Community Room)

11-12pm Slow Flow
Betsy Harris
(Community Room)

Sunday

Online registration is only required for Spin & Pilates. You may register up to three days in advance! Email questions to Brian.Vannoy@watgov.org

Please see the Aquatic Schedule for Water Aerobics!

Yoga · Cardio · Strength · Spin · Zumba · Wellness