

# SCHEDULE UPDATES ACTIVE APRIL 10 - 22, 2024

## WAC NORTH SHORE GYM/COURT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:15am Strength	5:30am-6:15am Barre Basics	5:30am-6:15am Strength	5:00am-7:00am Open Gym	5:30am-6:15am Strength	6:30am-8:00am Open Gym	6:30am-8:00am Open Gym
6:30am-7:15am Yoga Stretch	7:30am-8:20am Balance & Stability	6:30am-7:15am Yoga Stretch	7:00am-7:30am Pilates Express	6:25am-7:10am Yoga Stretch	8:15am-9:00am Strength	8:15am-9:15am BODYPUMP®
7:20am-8:05am Open Gym	8:30am-9:00am Cardio Circuit	7:45am-8:15am Pilates Express	7:50am-8:20am Groove	7:25am-8:25am Wing Chun	9:15am-10:10am Step	9:30am-10:15am Zumba®
8:15am-9:05am Yoga Flow	9:05am-9:35am Groove	8:30am-9:00am Strength Express	8:30am-9:00am Cardio Circuit	8:30am-9:25am Yoga Flow	10:20am-11:15am Zumba®	10:25am-11:10am Strength
9:15am-9:50am Step Express	9:45am-10:30am Strength	9:10am-10:00am Yoga Flow	9:30am-10:15am Strength	9:30am-10:20am Zumba®	11:30am-6:00pm Open Gym	11:30am-12:00pm Kids' Clubhouse
10:00am-10:30am Strength Express	10:45am-11:35am Yoga Lite	10:10am-11:00am Zumba®	10:30am-4:50pm Open Gym	10:45am-11:30am Strength LITE		12:15pm-1:00pm Open Gym
10:45am-11:30am Strength LITE	11:45am-12:35pm Yoga Lite	11:10am-11:55am Strength LITE	5:00pm-5:55pm Zumba®	12:00pm-12:50pm Yoga LITE		1:00pm-4:45pm Open Pickleball
11:40am-12:30pm Chair Yoga	12:45pm-4:50pm Open Gym	12:00pm-1:15pm Beginner Open Pickleball	6:00pm-9:00pm Basketball Leagues	12:55pm-2:00pm Open Basketball		5:00pm-5:55pm Yoga
12:35pm-1:35pm Beginner Open Pickleball	5:00pm-6:00pm BODYPUMP®	1:15pm-2:35pm Intermediate/Advanced Open Pickleball		2:00pm-4:00pm Open Pickleball		
1:35pm-2:35pm Intermediate/Advanced Open Pickleball	6:15pm-7:10pm Zumba®	2:45pm-4:30pm Open Gym		4:15pm-8:00pm Open Gym		
2:45pm-4:50pm Open Gym	7:15pm-9:00pm Open Gym	4:45pm-5:45pm Ringside				
6:00pm-7:00pm BODYPUMP®		6:00pm-7:00pm BODYPUMP®				
7:15pm-8:10pm Zumba®		7:15pm-9:00pm Open Gym				
8:15pm-9:00pm Open Gym						

**Please note:**  
The gym is closed an hour before club close to allow for cleaning.

Allow 5 to 10 minutes before and after scheduled listings for set-up and clean-up.

Register for Premium Classes and Workshops at the Front Desk.

COMPLIMENTARY CLASS

PREMIUM CLASS ☼

OPEN GYM / BASKETBALL

AREA RESERVED

WORKSHOP ☼

OPEN PICKLEBALL

# SCHEDULE UPDATES ACTIVE APRIL 22 - MAY 5, 2024

## WAC NORTH SHORE GYM/COURT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:15am Strength	5:30am-6:15am Barre Basics	5:30am-6:15am Strength	5:00am-7:00am Open Gym	5:30am-6:15am Strength	6:30am-8:00am Open Gym	6:30am-8:00am Open Gym
6:30am-7:15am Yoga Stretch	7:30am-8:20am Balance & Stability	6:30am-7:15am Yoga Stretch	7:00am-7:30am Pilates Express	6:25am-7:10am Yoga Stretch	8:15am-9:00am Strength	8:15am-9:10am Pilates
7:20am-8:05am Open Gym	8:30am-9:00am Cardio Circuit	7:45am-8:15am Pilates Express	7:50am-8:20am Groove	7:25am-8:25am Wing Chun	9:15am-10:10am Step	9:30am-10:15am Zumba®
8:15am-9:05am Yoga Flow	9:05am-9:35am Groove	8:30am-9:00am Strength Express	8:30am-9:00am Cardio Circuit	8:30am-9:25am Yoga Flow	10:20am-11:15am Zumba®	10:25am-11:10am Strength
9:15am-9:50am Step Express	9:45am-10:30am Strength	9:10am-10:00am Yoga Flow	9:30am-10:15am Strength	9:30am-10:20am Zumba®	11:30am-12:30pm MACH Takedowns	11:20am-12:10pm Yoga Lite
10:00am-10:30am Strength Express	10:45am-11:35am Yoga Lite	10:10am-11:00am Zumba®	10:45am-11:45am Advanced Mindfulness & Meditation	10:45am-11:30am Strength LITE	12:45pm-6:00pm Open Gym	12:15pm-1:00pm Open Gym
10:45am-11:30am Strength LITE	11:45am-12:35pm Yoga Lite	11:10am-11:55am Strength LITE	12:00pm-4:50pm Open Gym	12:00pm-12:50pm Yoga LITE		1:00pm-4:45pm Open Pickleball
11:40am-12:30pm Chair Yoga	12:45pm-4:50pm Open Gym	12:00pm-1:15pm Beginner Open Pickleball	5:00pm-5:55pm Yoga Flow	12:55pm-2:00pm Open Basketball		<b>5/5 and 6/2</b> 1:30pm-3:00pm Intro to Pickleball Workshop
12:35pm-1:35pm Beginner Open Pickleball	5:00pm-6:00pm BODYPUMP®	1:15pm-2:35pm Intermediate/Advanced Open Pickleball	6:00pm-9:00pm Basketball Leagues	2:00pm-4:00pm Open Pickleball		
1:35pm-2:35pm Intermediate/Advanced Open Pickleball	6:10pm-7:00pm Pilates	2:45pm-4:30pm Open Gym		4:15pm-8:00pm Open Gym		
2:45pm-4:50pm Open Gym	7:10pm-8:00pm Zumba®	4:45pm-5:45pm Ringside				
5:00pm-5:50pm Yoga Lite	8:00pm-9:00pm Open Gym	6:15pm-7:15pm Mindfulness & Meditation				
6:00pm-7:00pm BODYPUMP®		7:30pm-9:00pm Open Gym				
7:15pm-8:10pm Zumba®						
8:15pm-9:00pm Open Gym						

**Please note:**  
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COMPLIMENTARY CLASS	PREMIUM CLASS ☼	OPEN GYM / BASKETBALL	AREA RESERVED	WORKSHOP ☼	OPEN PICKLEBALL
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