

Fitness Pass Classes that are included with your WCC Membership

Mix 30 w/ Lorna Weber: (Thursday 5:30 am)

This class combines exercises from across the spectrum. Lorna mixes cardio and strength training, light weights and interval training to round out a great 30 minutes of exercise. You can join Lorna for the first or second 30 minutes, but if you want to challenge yourself go to the first and second class!

Yoga with Tamara: (Monday, Wednesday, Friday 7:45 – 9:00 am)

Instructor Tamara Dolloff leads our yoga class. Yoga will realign and detoxify the body and develop inner and outer strength. At the end of the class, our instructors will leave you feeling energized, grounded, and refreshed. Strengthening and lengthening muscle groups are one great way to relieve stress and some of those daily aches and pains.

Zumba Gold with Barbara Johnson: (Friday, 10:00 – 11:00 am)

Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance moves. They create a dynamic, exciting, exhilarating and effective fitness system. Dancers and non-dancers alike easily acclimate to Zumba classes because previous dance experience is not necessary. **Zumba Gold** is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults

Waterworks with Lori / Jaja / Nori: (Every weekday 8:30 -9:30 am, Saturday 7:00 am)

Classes are set to music with five major components: warm-up, specialty exercises, run exercises, barbell & noodle work and cool down. This class focuses on all parts of the body to tone and firm muscles, increase your flexibility and range of motion, stimulate your circulation and improve your overall conditioning. Instructors use the water's natural resistance, buoyancy and therapeutic qualities to provide an aerobic benefit while toning and improving your overall fitness level using modified movements.

Water X with Nori: (Monday & Wednesday evenings, 6:00 – 7:00 pm)

Aqua Aerobics Instructor, Nori Lund will lead you through fun fast paced water exercise class. She will use the water's natural resistance to work your muscles, increase your range of motion and reduce risk of injury during exercise. You do not need to be a swimmer to join this class.

PiYO Live! w/ Lorna Weber: (Tuesday 5:30 am, Wednesday 6:00 pm & Saturday 7:00 am)

A Beach Body fitness program. Come sweat, stretch and build strength! A combination of Pilates & Yoga with non-stop movement for the ultimate workout!

Cardio Kick w/ Chelsea Taylor: (Thursday 6:30 – 7:30 pm)

This class combines cardio kickboxing and total body strength exercises for a workout that is sure to get your heart pumping and burn mega calories! You will punch, kick and work your core as well as tone up your arms, legs and glutes. Modifications will always be offered, making this class accessible for all levels of fitness.