

Fitness Pass Classes that are included with your WCC Membership

Mix 30 w/ Lorna Weber: (Friday mornings 5:30 – 6:30 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 & Meg: (Monday & Wednesday (7:45 – 9:00 am), Friday (7:30 – 9:00 am))

Instructor Tamara Dolloff leads our yoga class Monday & Wednesday, Meg Lemay leads our class on Friday. 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. Friday's start with 15 minutes of meditation, then door opens at 7:45 for yoga.

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)

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, offers this class every Monday and Wednesday evening. Nori will lead you through a 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 (7:45 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!

P90X Live! w/ Lorna Weber: (Suspended for Mix 30).

P90X Live! is a total body strength and conditioning workout for anyone looking to get lean, toned and fit-FAST! Using light to moderate weights, this is the optimal mix of strength, cardio, and core work designed to work the body in different ways every time. Modifications are available for every fitness level. This class will leave you feeling motivated and ready to come back for more!

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.

Tai Chi and Qigong w/ Mary Anne Moisan: Starting September 2019 (Thursday 8:00 – 9:00 am)

Wellness & Rehabilitation; Want to enhance your sense of balance and build strength? Do your creaky joints need gentle movement to keep from stiffening up? Tired of feeling short of breath with everyday activities? Tai Chi basic principles - Posture, breathing, slow movements and focused intentions - you will learn specific movement "gestures" that will help you cultivate a sense of vitality, strength and overall well-being. Starting seated in a chair and moving to standing, we will build a repertoire of individual movement patterns and simple flowing forms that you can then practice on your own.