

FREE DEMO WEEK

All Classes FREE Sept. 9th - 14th



| Fitness Classes | Instructor | Days | Time | Location |
|-------------------------|------------------|--------|--|--------------------|
| Early Bird Conditioning | Aritha Paris | MWF | 5:30 - 6:30 a.m. | Aerobics Room |
| Fit Over Fifty | Aritha Paris | MWF | 8:00 - 8:30 a.m. 9:30 - 10:00 a.m. | Aerobics Room |
| Gentle Yoga | Aritha Paris | MWF | 8:45 - 9:15 a.m. 10:15 - 10:45 a.m. | Aerobics Room |
| Silver Sneakers Classic | Julie Mignone | T/TH | 9:00 - 9:45 a.m. | Aerobics Room |
| Beginner H.I.I.T | Elizabeth Lanier | T/TH | 5:15 - 5:45 p.m. | Aerobics Room |
| PIYO | Alisha Barajas | M/W | 5:15 - 6:00 p.m. | Aerobics Room |
| Country Heat | Callie Colgin | T/TH | 6:00 - 7:00 p.m. | Aerobics Room |
| STRONG by Zumba | Sarah Bryant | M/W | 6:15 - 7:00 p.m. | Aerobics Room |
| Zumba | Luz John | M/W | 7:15 - 8:15 p.m. | Aerobics Room |
| Indoor Cycling | Instructor | Days | Time | Location |
| Rise and Ride | Aritha Paris | T/TH | 5:30 - 6:30 a.m. | WRC Community Room |
| Spin & Core | Cammile Sisson | M - TH | 12:15 - 1:00 p.m. | WRC Community Room |
| Spin to Win | Judy Ray | T/TH | 5:15 - 6:00 p.m. | WRC Community Room |
| Spin It & H.I.I.T. It | Elizabeth Lanier | M/W | 5:15 - 6:15 p.m. | WRC Community Room |

No registration necessary, just come to the WRC the day and time of the class that you want to try out!

| Adult Aquatics @ SC Indoor Pool | Days | Time |
|------------------------------------|------|--------------------|
| Silver Sneakers Splash | T/TH | 11:00 - 11:45 a.m. |
| Take it to the Deep | T/TH | 6:00 - 6:25 p.m. |
| | Sat. | 8:00 - 8:25 a.m. |
| Aqua Strength & Stretch | T/TH | 6:30 - 6:55 p.m. |
| | Sat. | 8:30 - 8:55 a.m. |



For any questions regarding the FREE Demo Week please call or visit the WRC ♦ 620-221-2160 ♦ 624 College, Winfield, KS 67156