



Group Exercise Schedule

We are proud to offer a variety of classes to meet all of your fitness needs. All of our instructors are certified and highly qualified.



Club Hours:

M-Th: 5AM-10PM
Fri: 5AM-9PM
Sat: 7AM-8PM
Sun: 7AM-6PM

Nursery Hours:

M-F: 8:30am-12pm
M-F: 4pm-7pm
Sat: 8:30am-12pm

11 Vaughn's Gap Rd.
Nashville, TN 37205
Phone: 615.352.8500
www.wactn.com

CLASS LIST

Silver Sneakers®
Spinning®
Pilates
Yoga
Aqua
Body Pump
Boot Camp
Total Step
Turbo Kick
Cardio Craze
Hard Core Energy
Ab Attack

Class Descriptions

YogaStretch®

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Ab Attack – Join us for a half hour class of nothing but a high endurance ab burning work out. If you have back problems, a Pilate's class would be a better choice for core strength.

Spin – An intense cardiovascular 45-60 minute class that is taught on a spin bike. If you are beginner, arrive early for proper set up demonstration and instruction. All levels.

Pilates –helps develop your core strength, flexibility, body awareness, balance and posture alignment. Suitable for those who need rehabilitation, want to enhance their sports performance, flexibility, general fitness or perhaps during your pregnancy.

Boot Camp – For our hard-core group that wants an intense total body cardio workout that includes strength and core moves. You will be using total body exercises for cardio, strength and core moves. Intermediate and advanced only.

Yoga – A workout that emphasizes muscle lengthening through well-guided posing. Breathing techniques are used to provide relaxation and clarity

Aqua – Join us in our outdoor pool year round for a 60-minute workout that will leave you refreshed and energized. Great for pregnancy, arthritis, and a non-impact workout.

Body Pump- This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Hard Core Energy – Cardio, strength, core and stabilization all wrapped up in an hour's worth of functional training.

Cardio Craze –This cardio class utilizes the body, step, jump rope and floor exercises. Taught in interval format, all levels are welcome but we advise all levels to work at their own pace.



SilverSneakers® Group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

Muscular Strength & Range of Motion® - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Cardio Circuit® - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:30-6:15	Spin - Christy	5:45-6:45	Body Pump - Pam	5:30-6:15	Spin - Christy	9:00-10:00	Aqua - Stacey	8:00-9:30	Master Swim - Carol	8:30-9:30	Boot Camp – Kathy/Deborah	4:00-5:00	Spin - Brandi
8:00-9:30	Master Swim - Carol	9:00-10:00	Spin - Stacey	8:00-9:30	Master Swim - Carol	9:30-10:30	Hard Core Energy - Catherine	9:00-10:00	Body Pump - Helen	8:45-9:45	Spin – Cindy/Tirsa		
8:00-9:00	Body Pump - Cindy	9:15-10:45	Yoga - Kristy	8:00-9:00	Body Pump - Cindy	9:45-11:00	Yoga -Linda	9:30-10:30	Aqua - Brenda	9:00-10:00	Body Pump - Lashaunna		
8:30-9:30	Pilates - Eileen	9:30-10:30	Hard Core Energy- Catherine	8:30-9:30	Pilates - Eileen	1:30-2:15	SilverSneaker® Yoga Stretch	9:30-10:30	Yoga - Hilary	9:00-10:00	Yoga - Jodilyn		
9:05-9:30	Spin X-Press - Cindy	1:30-2:15	SilverSneaker® Yoga Stretch	9:05-9:30	Spin X-Press - Cindy	5:00-5:45	Spin - Brandi	10:15-10:45	SilverSneaker® Cardio Circuit	9:30-10:30	Aqua - Elinor		
9:15-10:15	Kickboxing - Catherine	5:00-5:45	Spin - Melissa	9:00-10:00	Aqua - Shiela	5:50-6:20	Ab Attack - Brandi	10:15-11:15	Cardio Craze - Helen	10:00-11:00	Step - Pam		
9:30-10:30	Aqua - Stacey	5:30-6:30	Cardio Craze - Kathy	9:30-10:45	Yoga - Kristy	6:00-7:00	Aqua - Mary			10:00-11:00	Yoga - Jodilyn		
9:30-10:30	Yoga - Eileen	5:50-6:20	Ab Attack - Melissa	10:00-10:45	SilverSneaker® Cardio Circuit	6:15-7:15	Body Pump - Lashaunna						
10:15-11:00	Cardio Craze – Helen	6:00-7:00	Aqua - Elinor	11:00-11:45	SilverSneaker® MSROM								
10:00-10:45	SilverSneaker® Cardio Circuit	6:15-7:15	Yoga - Jodilyn	5:30-6:15	Spin - Stacey								
11:00-11:45	SilverSneaker® MSROM	6:15-7:15	Body Pump - Lashaunna	5:30-6:15	Turbo Kick - Deborah								
5:30-6:15	Turbo Kick- Kathy			6:15-7:15	Piloga - Jodilyn								
5:30-6:30	Spin- Stacey			6:30-7:30	Body Pump - Stacey								
5:30-6:30	Aqua – Elinor												
6:15-7:00	Piloga - Kathy												
6:30-7:30	Body Pump - Krista												

CLASS LOCATION KEY

- SPIN ROOM
- SILVER SNEAKERS / STUDIO 2
- BASKETBALL GYM
- POOL
- YOGA/PILATES ROOM

