






GROUP EXERCISE

Spring 2026 Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
CYCLE  11:30-12:15pm Isabelle	PILATES 11:30-12:15pm Konstantin	PILATES 11:30-12:15pm Tierney	BARRE 11:30-12:15pm Konstantin	PILATES 11:30-12:15pm Lilly
CARDIO DANCE 12:30-1:15pm Tierney	YOGA 12:30-1:15pm Mia	STEP  12:30-1:15pm Holly	CARDIO DANCE / CORE 12:30-1:15pm Reagan	CYCLE 12:30-1:15pm TJ
	TRAUMA-INFORMED YOGA 4:00-5:00pm Kate			
PILATES 4:15-5:00pm Phoebe	CARDIO DANCE / CORE 4:15-5:00pm Reagan	PILATES 4:15-5:00pm Phoebe	CARDIO DANCE 4:15-5:00pm Isabelle	
CYCLE 5:15-6:00pm Kendall	CYCLE 5:15-6:00pm Isabelle		CYCLE 5:15-6:00pm Kendall	
YOGA 5:15-6:00pm Mia	KICKBOXING 5:15-6:00pm Grace	CATAMOUNT FIT 5:15-6:00pm T	KICKBOXING 5:15-6:00pm T	
CARDIO DANCE 6:15-7:00pm Sarah		CYCLE 6:15-7:00pm TJ		
PILATES 6:15-7:00pm Lilly	POWER YOGA 6:15-7:15pm Sophia	YOGA 6:15-7:00pm Grace	POWER YOGA 6:15-7:15pm Sophia	

 **Wheeler for Life**
WCU Employees may attend these Wheeler for Life Employee Wellness classes without having a Group Exercise Membership or CRC Membership!

 : Studio 1
 : Studio 2
 : Studio 1 Free Class

SCHEDULE RUNS JANUARY 12 THROUGH MAY 8

Modified schedules for Martin Luther King Day, Spring Break, Easter Break, and Finals Week



SCAN THE QR CODE OR VISIT THE CRC FRONT DESK TO PURCHASE YOUR \$20 SPRING SEMESTER GROUP X PASS!

To be eligible to purchase a Group Exercise Membership, you must be a current WCU student or a Campus Recreation Center Member.



Campus Recreation and Wellness