

WCC GROUP FITNESS SCHEDULE



MON	TUE	WED	THU	FRI	SAT
6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	7:00 - 8:30 am Open Basketball
8:30 - 9:30 am Step Up to the Plates Dawn	9:00 - 10:00 am Functional Fitness Gail	8:30 - 9:30 am Step & Stability Ball Dawn	9:00 - 10:00 am Functional Fitness Gail	8:30 - 9:30 am Cycling Dawn	8:30 - 9:30 am Cycling Joni
9:45 - 10:30 am Silver Sneakers Circuit Dawn	10:10 - 11:10 am Zumba Fitness Maureen	9:45 - 10:30 am Silver Sneakers Classic Dawn	10:10 - 11:10 am Zumba Fitness Maureen	9:45 - 10:30 am Silver Sneakers Yoga Dawn	9:40 - 10:10 am Butts & Guts Joni
10:45 - 11:30 am Silver Sneakers Yoga Dawn	4:45 - 5:45 pm Strength in Numbers Dawn	10:45 - 11:30 am Drums Alive Dawn	4:45 - 5:45 pm Cycling Dawn	10:30 - 11:00 am Tai Chi Sun73 Ken	SUN CLOSED
5:00 - 6:00 pm Strength Training Brandi	6:00 - 7:00 pm Cycling Joni	6:00 - 7:00 pm Strength Training Brandi	6:00 - 7:00 pm Zumba Fitness Mary Ellen	11:00 - 12:00 pm Tai Chi Ken	
4:45 - 5:45 pm Cycling Dawn	7:10 - 7:45 pm Butts & Guts Joni	6:00 - 7:00 pm Cycling Joni			
6:00 - 6:45 pm Zumba Fitness Heather		7:10 - 7:45 pm Butts & Guts Joni			
		Wednesday 7:00 - 8:00 pm Open Basketball			

Rooms are only available for members during the time specified on this schedule for the specific activity noted. Schedule is subject to change.

**Walk is available Monday-Friday 6:00 - 7:00 am

412-520 -SWIM

www.wilmerdingcommunitycenter.org

5-23-24