



Wilmerding Community Center

GYMNASIUM EXERCISE & EVENT SCHEDULE

*all classes held in the GYMNASIUM 412-520-SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	WALK	WALK	WALK	WALK	WALK		
:15							
:30							
:45							
7:00 AM						WALK	
:15							
:30						OPEN	
:45						PICKLEBALL	
8:00 AM						<i>All levels</i>	
:15						RESERVATIONS	
:30	HIIT STEP		HIIT STEP			*RESERVED*	
:45	DAWN		DAWN			GOLDEN	
9:00 AM						TRIANGLES	
:15						PRACTICE	
:30		PRAISE KICKS				UNTIL	
:45	SILVER	TAMMY	SILVER		SILVER	CLOSE	
10:00 AM	SNEAKER		SNEAKER		SNEAKER		
:15	CIRCUIT		CLASSIC		YOGA		
:30	DAWN	OPEN	DAWN	OPEN	DAWN		
:45	SILVER	PICKLEBALL	DRUMS ALIVE	PICKLEBALL			
11:00 AM	SNEAKER	<i>This time is for</i>	DAWN	<i>This time is for</i>			
:15	YOGA	<i>All levels</i>		<i>All levels</i>			PICKLE
:30	DAWN						BALL
:45		RESERVATION		RESERVATION			
12:00 PM		REQUIRED		REQUIRED			
:15	PICKLE		PICKLE		PICKLE		RESERVATION
:30	BALL		BALL		BALL		REQUIRED
:45							
1:00 PM							*RESERVED*
:15	RESERVATION		RESERVATION		RESERVATION		WINTER
:30	REQUIRED		REQUIRED		REQUIRED		GUARD
:45							
2:00 PM							
:15							
:30							
:45							
3:00 PM							
:15							
:30							
:45							
4:00 PM	WALK	WALK	WALK	WALK	WALK		
:15							
:30							
:45	POWER UP!	KETTLEBELL					
5:00 PM	W/DENISE	DAWN					
:15							
:30	NEW CLASS						
:45	COMING						
6:00 PM	SOON			POUND!			
:15		*RESERVED*	*RESERVED*	DENISE			
:30							
:45							
7:00 PM				T.N.T.			
:15		BUTTS & GUTS	BUTTS & GUTS	DENISE	EFFECTIVE		
:30		JONI	JONI			11/22/21	
:45		(7:10)	(7:10)				
8:00PM							

MONDAY	6:00 – 7:30	WALK
	8:30 – 9:30	HIIT STEP with DAWN
	9:30 – 10:30	SILVER SNEAKERS CIRCUIT with DAWN
	10:45 – 11:30	SILVER SNEAKERS YOGA with DAWN
	12:00 – 2:00	PICKLEBALL– RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
TUESDAY	6:00 – 7:30	WALK
	9:30 – 10:00	PRAISE KICKS with TAMMY
	10:30 – 12:30	OPEN PICKLEBALL – for all levels – RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
	4:45 – 5:45	KETTLEBELL with DAWN
	6:00 – 7:00	RESERVED
WEDNESDAY	7:10 – 7:45	BUTTS & GUTS with JONI
	6:00 – 7:30	WALK
	8:30 – 9:30	HIIT STEP with DAWN
	9:30 – 10:30	SILVER SNEAKERS CLASSIC with DAWN
	10:30 – 11:30	DRUMS ALIVE with DAWN
	12:00 – 2:00	PICKLEBALL– RESERVATIONS REQUIRED
THURSDAY	4:00 – 4:30	WALK
	6:00 – 7:00	RESERVED
	7:10 – 7:45	BUTTS & GUTS with JONI
	6:00 – 7:30	WALK
	10:30 – 12:30	OPEN PICKLEBALL – for all levels – RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
FRIDAY	6:00 – 6:45	POUND with DENISE
	7:00 – 7:45	T.N.T. with DENISE
	6:00 – 7:30	WALK
	9:30 – 10:30	SILVER SNEAKERS YOGA with DAWN
SATURDAY	12:00 – 2:00	PICKLEBALL– RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
	7:00 – 7:15	WALK
SUNDAY	7:15 – 8:15	OPEN PICKLEBALL – for all levels – RESERVATION REQUIRED
	8:30 – 3:00	– GOLDEN TRIANGLES
	11:00 – 1:00	OPEN PICKLEBALL – for all levels – RESERVATIONS REQUIRED
	1:00 – 4:00	WINTER GUARD

WCC Hours as of this schedule (and are subject to change without notice)

Monday – Thursday 6am – 8pm

Friday 6am – 6pm

Saturday 7am – 3pm

Sunday 11am – 4pm