



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		Sundays Will Return To The Schedule In the Fall
:15							
:30							
:45							
7:00 AM							
:15						WALK	
:30							
:45							
8:00 AM							
:15							
:30	STEP & KETLEBELL COMBO DAWN	FUNCTIONAL FITNESS GAIL	STEP & STABILITY BALL COMBO DAWN	FUNCTIONAL FITNESS GAIL		OPEN PICKLEBALL All levels RESERVATIONS	
:45							
9:00 AM							
:15							
:30							
:45	SILVER SNEAKER CIRCUIT DAWN	ZUMBA MAUREEN 10:10 start	SILVER SNEAKER CLASSIC DAWN	ZUMBA MAUREEN 10:10 start	SILVER SNEAKER YOGA DAWN	<u>*RESERVED*</u> GOLDEN TRIANGLES PRACTICE UNTIL CLOSE	
10:00 AM							
:15							
:30							
:45							
11:00 AM	SILVER SNEAKER YOGA DAWN		DRUMS ALIVE DAWN				
:15							
:30							
:45							
12:00 PM							
:15	PICKLE BALL  RESERVATION REQUIRED	PICKLE BALL  RESERVATION REQUIRED	PICKLE BALL  RESERVATION REQUIRED	PICKLE BALL  RESERVATION REQUIRED	PICKLE BALL  RESERVATION REQUIRED		
:30							
:45							
1:00 PM							
:15							
:30							Watch Postings For “BONUS” Sundays
:45							
2:00 PM							
:15							
:30							
:45							
3:00 PM							
:15							
:30							
:45							
4:00 PM							
:15	BOOT CAMP DENISE	WALK	WALK	WALK	WALK		
:30							
:45							
5:00 PM							
:15							
:30	TRX DENISE 30 min class						
:45							
6:00 PM							
:15							
:30							
:45	<u>*RESERVED*</u> EAYS COMPETITION CHEER PRACTICE	<u>*RESERVED*</u>	<u>*RESERVED*</u>	POUND! DENISE			
7:00 PM							
:15							
:30							
:45							
8:00PM		BUTTS & GUTS JONI (7:10)	BUTTS & GUTS JONI (7:10)	T.N.T. DENISE			

EFFECTIVE  
4/17/22

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4/17/22

MONDAY	6:00 – 7:30	WALK
	8:30 – 9:30	STEP & KETLEBELL COMBO with DAWN
	9:45 – 10:30	SILVER SNEAKERS CIRCUIT with DAWN
	10:45 – 11:30	SILVER SNEAKERS YOGA with DAWN
	12:00 – 2:00	PICKLEBALL– RESERVATIONS REQUIRED
	4:15 – 5:00	POWER-UP BOOT CAMP with DENISE
	5:00 – 5:45	TRX with DENISE (15 min cool down for set removal added on front schedule)
	6:00 – 8:00	– EAYS COMPETITION CHEER
TUESDAY	6:00 – 7:30	WALK
	9:00 – 10:00	FUNCTIONAL FITNESS with GAIL
	10:10 – 11:10	ZUMBA with MAUREEN
	11:30 – 1:30	PICKLEBALL –RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
	6:00 – 7:00	– RESERVED
	7:10 – 7:45	BUTTS & GUTS with JONI
WEDNESDAY	6:00 – 7:30	WALK
	8:30 – 9:30	STEP & STABILITY BALL COMBO with DAWN
	9:45 – 10:30	SILVER SNEAKERS CLASSIC with DAWN
	10:45 – 11:30	DRUMS ALIVE with DAWN
	12:00 – 2:00	PICKLEBALL– RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
	6:00 – 7:00	– RESERVED
	7:10 – 7:45	BUTTS & GUTS with JONI
THURSDAY	6:00 – 7:30	WALK
	9:00 – 10:00	FUNCTIONAL FITNESS with GAIL
	10:10 – 11:10	ZUMBA with MAUREEN
	11:30 – 1:30	PICKLEBALL –RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
	6:00 – 6:45	POUND with DENISE
	7:00 – 7:45	T.N.T. with DENISE
FRIDAY	6:00 – 7:30	WALK
	9:45 – 10:30	SILVER SNEAKERS YOGA with DAWN
	12:00 – 2:00	PICKLEBALL– RESERVATIONS REQUIRED
	4:00 – 4:30	WALK
SATURDAY	7:00 – 7:15	WALK
	7:15 – 8:15	OPEN PICKLEBALL – for all levels – RESERVATION REQUIRED
	8:30 – 3:00	– GOLDEN TRIANGLES
SUNDAY		

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

Monday – Thursday 6am – 8pm

Friday 6am – 6pm

Saturday 7am – 3pm

Sunday : CLOSED (except bonus Sundays)