



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

EFFECTIVE
9/6/22

MONDAY	6:00 – 7:30	WALK
	8:30 – 9:30	STEP UP TO THE PLATES 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
	4:00 – 4:15	WALK
	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
	4:45 – 5:45	STRENGTH IN NUMBERS
	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
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)