

412-520-SWIM
GYMNASIUM EXERCISE & EVENT SCHEDULE

| | MONDAY 6 am – 8 pm | TUESDAY 6 am – 8 pm | WEDNESDAY 6 am – 8 pm | THURSDAY 6 am – 8 pm | FRIDAY 6 am – 6 pm | SATURDAY 7 am – 2 pm | SUNDAY 12 noon – 4 pm |
|----------|-------------------------------------|-------------------------------|----------------------------------|--------------------------------|----------------------------------|--|-------------------------------------|
| 6:00 AM | WALK | WALK | WALK | WALK | WALK | | |
| :15 | Time must be | Time must be | Time must be | Time must be | Time must be | | |
| :30 | Reserved | Reserved | Reserved | Reserved | Reserved | | |
| :45 | | | | | | | |
| 7:00 AM | | | | | | | |
| :15 | | | | | | | |
| :30 | | | | | | | |
| :45 | | | | | | | |
| 8:00 AM | | | | | | | |
| :15 | CLASS SET UP | | CLASS SET UP | | | | |
| :30 | STEP UP TO THE PLATES | CLASS SET UP | STEP & STABILITY BALL | CLASS SET UP | | *RESERVED | |
| :45 | <i>DAWN</i> | FUNCTIONAL FITNESS | COMBO | FUNCTIONAL FITNESS | | * | |
| 9:00 AM | | <i>GAIL</i> | <i>DAWN</i> | <i>GAIL</i> | | | |
| :15 | | | | | CLASS SET UP | | |
| :30 | SILVER SNEAKER | CLASS SET UP | SILVER SNEAKER | CLASS SET UP | SILVER SNEAKER | | |
| :45 | CIRCUIT | ZUMBA | CLASSIC | ZUMBA | YOGA | | |
| 10:00 AM | <i>DAWN</i> | <i>MAUREEN</i> | <i>DAWN</i> | <i>MAUREEN</i> | <i>DAWN</i> | | |
| :15 | SILVER SNEAKER | <i>10:10 start</i> | DRUMS ALIVE | <i>10:10 start</i> | TAI CHI | | |
| :30 | YOGA | CLEAN UP | | CLEAN UP | Health/balance FORM STUDY | | |
| :45 | <i>DAWN</i> | | | | TAI CHI BEGINNERS | | |
| 11:00 AM | CLEAN UP | | CLEAN UP | | <i>BOTH BY KEN</i> | | |
| 12:00 PM | | | | | | | FOR FAMILY RESERVATIONS ONLY |
| :15 | | | | | | | |
| :30 | | | | | | | |
| :45 | | | | | | | |
| 1:00 PM | | | | | | | |
| :15 | | | | | | | |
| :30 | | | | | | | |
| :45 | | | | | | | |
| 2:00 PM | | | | | | | PICKLEBALL |
| :15 | | | | | | | L |
| :30 | | | | | | | 2:00 to 4:00 |
| :45 | | | | | | | RESERVATIONS ONLY |
| 3:00 PM | | | | | | | |
| :15 | | | | | | | |
| :30 | | | | | | | |
| :45 | | | | | | | |
| 4:00 PM | FOR FAMILY RESERVATIONS ONLY | CHILD CARE ONLY | | CHILD CARE ONLY | CHILD CARE ONLY | | |
| :15 | | | | | | | |
| :30 | | | | | | | |
| :45 | | STRENGTH | | FOR FAMILY | PICKLEBALL | | |
| 5:00 PM | BOOT | IN NUMBERS | CHILD CARE ONLY | | L | | |
| | | | | | 4:45 to | | |
| | | | | | | NOTES: | |
| | | | | | | Any time on this schedule that is not blocked out for | |
| | | | | | | classes or other activities | |

| | | | | | | | |
|---------|---|-------------------------|-------------------------|--------------|------------------|---------------------|------------------|
| :15 | CAMP | DAWN | | RESERVATIONS | 6:00 | MUST BE | |
| :30 | DENISE | | PICKLEBALL | ONLY | RESERVATIONS | RESERVED | Sunday |
| :45 | 5:10 start | CLEAN UP | | CLASS SET UP | ONLY | FOR USE | Hours |
| 6:00 PM | CLEAN UP | *RESERVED* | 5:30 to | TRX | | AT THE FRONT | Valid |
| :15 | *RESERVE D* | | .7:00 | DENISE | Rental Available | DESK. | December |
| :30 | | | RESERVATIONS | And crew | | If you do | Through |
| :45 | | | ONLY | | | not have | March |
| 7:00 PM | | CLASS SET UP | CLASS SET UP | POUND | | time on the | EFFECTIVE |
| :15 | | BUTTS & GUTS | BUTTS & GUTS | DENISE | | schedule | REVE |
| :30 | | JONI | JONI | | | reserved, | 12/12/ |
| :45 | | (7:10) | (7:10) | | | you may have to | 2023 |
| 8:00 PM | INSTRUCTORS NEED 15 MINUTES BEFORE CLASS TO SET UP - sometimes at end also | | | | | leave. | |

| | | |
|-----------|---------------|--|
| MONDAY | 6:00 - 7:00 | 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 |
| | 4:15 - 5:00 | FAMILY GYM RESERVATIONS |
| | 5:10 - 5:45 | BOOT CAMP with DENISE (15 min cool down for set removal added on front schedule) |
| | 6:15 - 8:00 | - RESERVED - |
| TUESDAY | 6:00 - 7:00 | WALK |
| | 9:00 - 10:00 | FUNCTIONAL FITNESS with GAIL |
| | 10:10 - 11:10 | ZUMBA with MAUREEN |
| | 4:00 - 4:45 | AFTER SCHOOL CHILD CARE PROGRAM ONLY |
| | 4:45 - 5:45 | STRENGTH IN NUMBERS |
| | 6:00 - 7:00 | - RESERVED - |
| | 7:10 - 7:45 | BUTTS & GUTS with JONI |
| WEDNESDAY | 6:00 - 7:00 | 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 |
| | 5:00 - 5:30 | AFTER SCHOOL CHILD CARE PROGRAM ONLY |
| | 5:30 - 7:00 | PICKLEBALL |
| | 7:10 - 7:45 | BUTTS & GUTS with JONI |
| THURSDAY | 6:00 - 7:00 | WALK |
| | 9:00 - 10:00 | FUNCTIONAL FITNESS with GAIL |
| | 10:10 - 11:10 | ZUMBA with MAUREEN |
| | 4:00 - 4:45 | AFTER SCHOOL CHILD CARE PROGRAM ONLY |
| | 4:45 - 5:45 | FAMILY GYM RESERVATIONS |
| | 6:00 - 6:45 | TRX with DENISE |
| | 7:00 - 7:45 | POUND with DENISE |
| FRIDAY | 6:00 - 7:00 | WALK |
| | 9:45 - 10:30 | SILVER SNEAKERS YOGA with DAWN |
| | 10:45 - 11:25 | TAI CHI FOR HEALTH AND BALANCE - FORM STUDY with KEN |
| | 11:30 - 12:00 | TAI CHI FOR BEGINNERS with KEN |
| | 4:00 - 4:45 | AFTER SCHOOL CHILD CARE PROGRAM ONLY |
| | 4:45 - 6:00 | PICKLEBALL |
| SATURDAY | 8:45 - close | - RESERVED GOLDEN TRIANGLES (November thru June) |
| SUNDAY | 12:00 - 2:00 | FAMILY GYM RESERVATIONS |

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

Monday – Thursday: 6 am – 8 pm

Friday: 6 am – 6 pm

Saturday: 7 am – 2 pm

Sunday: 12 pm – 4 pm