



Wilmerding Community Center

# GROUP EXERCISE SCHEDULE

MODIFIED PANDEMIC SCHEDULE w/ OCCUPANCY LIMITS 412-520-SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	30 MIN.	YOGA	30 MIN.	30 MIN.	30 MIN.	
:15	SELF CYCLING	Paul	SELF CYCLING	SELF CYCLING	SELF CYCLING	
:30						
:45						
7:00 AM	WALK	WALK	WALK	WALK	WALK	WALK
:15						
:30						
:45						
8:00 AM						OPEN
:15						PICKLEBALL
:30	HIIT STEP		HIIT STEP	INTERMEDIATE	CYCLING	CYCLING
:45	Dawn		Dawn	PICKLEBALL	Dawn	Joni (9:40)
9:00 AM						
:15						
:30		ZUMBA	PRAISE			
:45	SILVER SNEAKERS	Maureen	KICKS	CLASSIC	YOGA STRETCH	BUTTS & GUTS
10:00 AM	CIRCUIT		Tammy	SILVER	SILVER	Joni
:15	Dawn			SNEAKERS	SNEAKERS	
:30			OPEN	Dawn	Dawn	
:45			PICKLE-	DRUMS	ALIVE	OPEN
11:00 AM	HATHA YOGA	30	BALL	Dawn	30	PICKLE-
:15	Pam	MIN.			MIN.	BALL
:30		SELF			SELF	
:45	11-12	CYCLE			CYCLING	
12:00 PM						
:15						
:30						
:45						
1:00 PM						
:15						
:30						
:45						
2:00 PM						
:15						
:30	45	45	45	45	45	
:45	MIN.	MIN.	MIN.	MIN.	MIN.	
	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	
3:00 PM	OR	OR	OR	OR	OR	
:15	INDIV.	INDIV.	INDIV.	INDIV.	INDIV.	
:30						
:45						
4:00 PM						
:15						
:30	WALK		WALK	WALK	WALK	
:45						
5:00 PM	CYCLING	KETTLEBELL			CYCLING	
:15	Dawn	Dawn			Dawn	
:30						
:45						
6:00 PM	ZUMBA	CYCLING	CYCLING	YOGA	POUND	
:15	Heather	Joni	Joni	Paul	Denise	
:30						
:45						
7:00 PM					T.N.T.	
:15		BUTTS & GUTS	BUTTS & GUTS		Denise	
:30		Joni	Joni			
:45		(7:10)	(7:10)			
8:00PM						

30 MIN. SELF CYCLING  
**RESRVATION REQUIRED**

HELD IN DOWNSTAIRS CLASSROOMS  
**RESRVATION REQUIRED**

HELD IN GYMNASIUM  
**RESRVATION REQUIRED**

45 MIN. FAMILY / INDIVIDUAL EXERCISE  
**RESRVATION REQUIRED**

**EFFECTIVE**  
**3/30/21**

MONDAY	6:00a – 8:00a	30 MIN. SELF CYCLING
	7:00a – 8:00a	WALKING
	8:30a – 9:30a	HIIT STEP with DAWN
	9:45a – 10:30a	SILVER SNEAKERS CIRCUIT with DAWN
	11:00a – 12:00p	HATHA YOGA with PAM starting may 3
	12:00p – 2:00p	ADVANCED PICKLEBALL
	2:00p – 4:25p	45 MIN. FAMILY OR INDIVIDUAL EXERCISE
	4:30p – 5:30p	WALKING
	4:45p – 5:30p	CYCLING with DAWN
	6:00p – 6:45p	ZUMBA with HEATHER
TUESDAY	6:00a – 7:15a	YOGA with PAUL
	7:00a – 8:00a	WALING
	9:30a – 10:30a	ZUMBA with MAUREEN
	9:30a – 10:15a	PRIASE KICKS with TAMMY
	10:30a – 12:30p	OPEN PICKELBALL
	11:00a – 4:00p	30 MIN. SELF CYCLING
	2:00p – 4:25p	45 MIN. FAMILY OR INDIVIDUAL EXERCISE
	4:45p – 5:45p	KETTLEBELL with DAWN
	6:00p – 7:00p	CYCLING with JONI
	7:10p – 7:40p	BUTTS AND GUTS with JONI
WEDNESDAY	6:00a – 8:00a	30 MIN. SELF CYCLING
	7:00a – 8:00a	WALKING
	8:30a – 9:30a	HIIT STEP with DAWN
	9:45a – 10:30a	SILVER SNEAKERS CLASSIC with DAWN
	10:45a – 11:30a	DRUMS ALIVE with DAWN
	11:00a – 4:00p	30 MIN. SELF CYCLING
	2:00p – 4:25p	45 MIN. FAMILY OR INDIVIDUAL EXERCISE
	4:30p – 5:30p	WALKING
	6:00p – 7:00p	CYCLING with JONI
	7:10p – 7:40p	BUTTS AND GUTS with JONI
THRUSDAY	6:00a – 8:00a	30 MIN. SELF CYCLING
	7:00a – 8:00a	WALKING
	8:30a – 10:30a	INTERMEDIATE PICKLEBALL
	11:00a – 4:00p	30 MIN. SELF CYCLING
	2:00p – 4:25p	45 MIN. FAMILY OR INDIVIDUAL EXERCISE
	4:30p – 5:30p	WALKING
	4:45p – 5:30p	CYCLING with DAWN
	6:00p – 7:30p	YOGA with PAUL
	6:00p – 6:45p	POUND! with DENISE
	7:00p – 7:30p	T.N.T. with DENISE
FRIDAY	6:00a – 8:00a	30 MIN. SELF CYCLING
	7:00a – 8:00a	WALKING
	8:30a – 9:30a	CYCLING with DAWN
	9:45a – 10:30a	YOGA STRETCH SILVER SNEAKERS
	10:30a – 12:30p	OPEN PICKLEBALL
	11:00a – 4:00p	30 MIN. SELF CYCLING
	2:00p – 4:25p	45 MIN. FAMILY OR INDIVIDUAL EXERCISE
	4:30p – 5:30p	WALKING
SATURDAY	7:00a – 8:00a	WALKING
	8:00a – 9:30a	OPEN PICKLEBALL
	8:30a – 9:30a	CYCLING with JONI
	9:40a – 10:10a	BUTTS AND GUTS with JONI
	11:00a – 11:45a	ZUMBA with LYNDA