



# ALL MEMBER NEWSLETTER

## LOOKING FORWARD —Where is the WCC headed



When we opened the Wilmerding Community Center in September of 2019 as a Non-profit entity, we envisioned a Center focusing on the **health & wellness needs** of the east suburbs. As we gained community support, the momentum kept building and we've realized that we could be doing **more** to enhance the overall quality of life by expanding programs & services.

*We see a need to provide more options for our young adults, attract more families with recreational activities and offer more opportunities for children.* We want to work more closely with other agencies to maximize resources for the overall good of our members and the community at large.

We have always wanted the WCC to be a **“True Community Center”** offering opportunities for socialization, personal growth & development. While our focus still remains on **Healthy Lifestyles**, the WCC realizes that we can be much more than just a fitness center *and will always LOOK AHEAD!*



## NEW SILVER SNEAKERS EXTENSION SITE IN WILKINS TOWNSHIP

The WCC opened a Silver Sneaker Extension site in Wilkins Township to better accommodate the needs of our SS family. *Classes will be held twice a week at the Wilkins Township Community Center, 110 Peffer Street located behind the Township Municipal Building.* **Certified Silver Sneaker Instructor Connie Tinsley will teach the ever popular “Silver Sneakers Classic” aerobic class on Mondays & Wednesdays from 10:00am –11:00am.**

Current and NEW Silver Sneakers can attend for FREE as your SS membership covers the cost of participation. ***Non-Silver Sneakers MAY participate for \$3 per session or with the purchase of a Monthly Class Pass for \$16.***

For MORE information or to register for Connie's class, please call the WCC (412) 520-7946

## UPMC SUPPORT

A **BIG Thank You** to UPMC for supporting the WCC with a \$5,000 Grant to help with Marketing & PR.

The Community Center is one of the **“Best Kept Secrets”** in the east suburbs and could benefit many more people in and around the Wilmerding community.

With the help of UPMC, the WCC will be able to better market our programs & services to a broader base for others to take advantage of. ***Thank you UPMC***



## Events/Activities at the WCC

*OPEN to Everyone in the Community*



### AHA Certified CPR, AED & 1st Aid Saturday March 12th—9am-noon

Register by 3/6 as space limited to 15  
\$40 WCC Members \$60 Non-Mems

*(Class taught by Eastern Area Pre-*

*hospital Services)*

- ♦ **FREE BLOOD PRESSURE READINGS**  
The 1st & 3rd Monday of the Month *(9-noon)*
- ♦ **LIFEGUARDING CLASSES**— Red Cross Certification begins March 25th and April 8th *(See front desk for more info)*
- ♦ **SWIM LESSONS**—All age groups, NEW session begins April 17th, **EARLY REGISTRATION encouraged as classes fill up.**



**NEW WOOD BENCHES** have been installed by the professionals at East Hills Cabinet *(across the street from the WCC)* to the delight of many.

Both the Sauna & Steam Room are very popular with members and extensive work has gone into both of them over the past two years to give our members the experience they deserve.

## COMMUNITY CENTER WINTER HOURS

Monday—Thursday 6am-8pm  
Fridays 6am-6pm  
Saturdays 7am-3pm  
Sundays 11am-4pm



## NEW PROGRAMS & General INFO

### TWO NEW FITNESS CLASSES

**BOOT CAMP with Denise—Mondays at 4:15pm.** Boot camp is a 45 minute fitness class incorporating strength training, core workout and HIIT bursts designed to motivate you to reach your fitness goals. This class is geared for ALL FITNESS LEVELS, providing modifications to meet the needs of beginners as well as the advanced participants.

**TRX (Total Resistance Exercise) with Denise—MONDAYS at 5:00pm.** Join Denise as she delivers this revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core & joint stability. Because of the suspended nature of TRX there is a very LOW to NO IMPACT training method which allows all ages to train & reach their goals

Don't Forget

### STAY UP TO DATE on Important Information at the WCC

You can sign up for notifications by TEXTING this Message:

**@Wccinfo1 to phone # 81010**

**BE in the know** about what's happening through text messages or by visiting our website for updated schedule information at:

**[www.wilmerdingcommunitycenter.org](http://www.wilmerdingcommunitycenter.org)**