

# WCC GROUP FITNESS SCHEDULE



<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	6:00 - 7:00 am Walk	8:30 - 9:30 am Cycling Joni
8:30 - 9:30 am Step Up to the Plates Dawn	9:00 - 10:00 am Functional Fitness Gail	8:30 - 9:30 am Step & Stability Ball Dawn	9:00 - 10:00 am Functional Fitness Gail	8:30 - 9:30 am Cycling Dawn	9:40 - 10:10 am Butts & Guts Joni
9:45 - 10:30 am Silver Sneakers Circuit Dawn	10:10 - 11:10 am Zumba Fitness Maureen	9:45 - 10:30 am Silver Sneakers Classic Dawn	10:10 - 11:10 am Zumba Fitness Maureen	9:45 - 10:30 am Silver Sneakers Yoga Dawn	
10:45 - 11:30 am Silver Sneakers Yoga Dawn	4:45 - 5:45 pm Strength in Numbers Dawn	10:45 - 11:30 am Drums Alive Dawn	4:45 - 5:45 pm Cycling Dawn	10:00 - 10:45 am Tai Chi	<b>SUN</b>
4:45 - 5:45 pm Strength Training Brandi	6:00 - 7:00 pm Cycling Joni	6:00 - 7:00 pm Strength Training Brandi	6:00 - 7:00 pm Zumba Fitness Mary Ellen	11:00 - 11:45 am Tai Chi for Health & Balance	CLOSED
4:45 - 5:45 pm Cycling Dawn	7:10 - 7:45 pm Butts & Guts Joni	6:00 - 7:00 pm Cycling Joni			
6:00 - 6:45 pm Zumba Fitness Heather		7:10 - 7:45 pm Butts & Guts Joni			

Rooms are only available for members during the time specified on this schedule for the specific activity noted. Schedule is subject to change.

Effective 6/2024

9-2-2024

412-520 -SWIM

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