

HEALTH & FITNESS CENTER

WHEELING PARK DISTRICT

Fitness Group Exercise Class Schedule Effective September 7, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am Body Pump Sheldon 208	9:00-10:00am Stay Fit Kathy 106	9:00-10:00am Light Cardio Kathy 106	8:30-9:30am Body Pump Sheldon 208	9:00-10:00am Strength & Sculpt Chelsie 208	9:30-10:15am Strength Conditioning Julia 106	9:00-10:00am Body Pump Sheldon 208
10:00-11:00am Gentle Yoga Diane 106	10:15-11:15am Aqua Fit Kathy Pool	6:00-7:00pm Yoga Flow Carol 208	9:00-9:45am Silver Sneakers Kathy 106	10:15-11:00am Silver Sneakers/Yoga Diane 106	11:30-12:30pm Zumba Gold Natalia 106	10:00-11:00am Zumba Natalia 106
	5:30-6:30pm Body Pump Sheldon 208	7:00-8:00pm Aqua Fit Kathy Pool	4:45-5:45pm Body Pump Sheldon 208	6:15-7:00pm Strength Conditioning Julia 106		
	6:30-7:30pm Zumba Natalia 106		6:30-7:30pm Zumba Natalia 106	7:00-8:00pm Aqua Fit Rita/Pool		

Sign up to receive Fitness Minutes!

Submit your email to bharrington@wheelingparkdistrict.com
for Group Exercise announcements, updates, and schedule changes!