

HEALTH & FITNESS CENTER

WHEELING PARK DISTRICT

Fitness Group Exercise Class

Schedule

Effective June 1-30, 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	9:00-9:45am Silver Sneakers Kathy 106	8:00-8:45am Silver Sneakers Georgette 106	9:30-10:15am Strength Conditioning Julia 106	8:30-9:30am Aqua Fit Georgette Pool
	10:15-11:15am Aqua Fit Kathy Pool	6:00-7:00pm Yoga Flow Carol 208	4:45-5:45pm Body Pump Sheldon 208	9:00-10:00am Strength & Sculpt Chelsie 208		9:00-10:00am Body Pump Sheldon 208
	6:30-7:30pm Zumba Natalia 106	7:00-8:00pm Aqua Fit Kathy Pool	6:30-7:30pm Zumba Natalia 106	6:15-7:00pm Strength Conditioning Julia 106		10:00-11:00am Zumba Natalia 106

Outdoor Aqua Fit starts on June 12

Sign up to receive Fitness Minutes!

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