


















WOODBRIDGE COMMUNITY CENTER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SS Classic  9:15AM -10:00AM Gigi- GYM	Cycle Strong  5:45AM -6:30AM Jeff- Studio A	Boom Move 9:00AM -9:30AM Katy- GYM	Cycle Strong  5:45AM -6:30AM Jeff- Studio A	Zumba Gold 9:00AM -9:30AM Katy-GYM	Power Viyasa Flow 8:00am-9:00am Annmarie-Studio A
Zumba Gold 10:30AM -11:15AM Laura- GYM	Core & More 9:15AM -9:45AM Joann-Gym	SS Circuit  10:00AM -10:45AM Katy- GYM	Chair Yoga 10:00AM -10:45AM Chara- GYM	SS Classic  10:00AM -10:45AM Katy-GYM	Zumba Step 8:45am-9:15am Jen O-Gym
	Yoga  10:00AM -11:00AM Joann- GYM	SS Splash  11:15AM -12:00PM Katy- POOL	Walk It Off 11:30AM -12:15PM Barbara- GYM	SS Tabata  11:15AM -11:45AM Katy-GYM	Zumba Toning 9:15am-9:45am Jen O-Gym
	Stay Strong/Sculpt and Tone 10:00AM -11:00AM Annmarie- Studio A	Sculpt & Tone 5:00PM - 5:45PM Sarah Lynn - Gym	Core and More 12:30PM -1:00PM Barbara- GYM		 9:45am-10:45am Jen O-Gym
NEW TIME Sculpt & Tone 5:30PM -6:15PM Marina-Gym	Chair Yoga 11:15AM -12:00PM Joann- GYM	Mat Pilates 5:45PM - 6:45PM Sarah Lynn - Gym	Aqua Zumba 12:30PM -1:15PM Laurie- POOL		
Yoga  6:30PM -7:30PM Andrea-Studio A	HIIT 6:15PM -6:45PM Marina-GYM	Cycle Strong 6:00PM - 6:45PM Shauna - Studio A	Abs Solution 5:30PM - 6:00PM Sarah Lynn - Gym		
 6:45PM -7:30PM Siri-GYM	 7:00PM -7:45PM Marina-GYM	 7:00PM -7:45PM Jen O-GYM	 6:00PM -6:45PM Siri-GYM		
Abs Solution 7:45PM -8:15PM Siri-Gym	 8:00PM -8:45PM Melissa-GYM		Yoga 6:30PM -7:30PM Andrea-Studio A		
			 7:00PM -7:45PM Marina- GYM		
					SUNDAY
					NEW TIME  9:15AM-10:00AM Jessica- GYM