


WOODBIDGE COMMUNITY CENTER GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SS Classic  9:15AM -10:00AM Gigi - School 25	Cycle Strong 5:45AM -6:30AM Jeff - Studio A	Boom Move 9:00AM -9:30AM Katy - School 25	Cycle Strong 5:45AM -6:30AM Jeff - Studio A	Zumba Gold 9:00AM -9:30AM Katy - School 25	Yoga 8:00am-9:00am Sarahlynn-Studio A
Zumba Gold 10:30AM -11:15AM Laura - School 25	Zumba Gold 8:15AM -9:00AM Rachel - School 25	SS Circuit  10:00AM -10:45AM Katy - School 25	Chair Yoga 10:00AM -10:45AM Chara - School 25	SS Classic  10:00AM -10:45AM Katy - School 25	Zumba Step/Tone/Sentao 8:45am-9:45am Jen O-Gym
Kid Zumba 5:00PM -5:45PM Gigi - Studio A	Core & More 9:15AM -9:45AM Joann - School 25	Sculpt & Tone 5:00PM - 5:45PM Sarah Lynn - Studio B	Walk It Off 11:15AM -12:00PM Joann - School 25	SS Tabata  11:15AM -11:45AM Katy - School 25	Zumba 9:45am-10:45am Jenn O-Gym
Total Body Workout 5:45PM -6:30PM Shelly - Gym	Yoga 10:00AM -11:00AM Joann - School 25	Mat Pilates 5:45PM - 6:45PM Sarah Lynn - Studio B	Core and More 12:00PM -12:30PM Joann- School 25	STEP 6:30PM - 7:30PM Debbie - Gym	
Yoga  6:30PM -7:30PM Andrea - Studio B	Chair Yoga 11:15AM -12:00PM Joann - School 25	Cycle Strong 6:00PM - 6:45PM Gina- Studio A	Aqua Zumba 12:30PM -1:15PM Laurie - POOL		
 ZUMBA 6:45PM -7:30PM Marisa - Gym	Total Body Spin 6:00PM -7:00PM Shelly - Studio A	 ZUMBA 7:00PM -8:00PM Jen O - GYM	Cycle Strong 5:00PM - 5:45PM Ramya - Studio A		 9:15AM-10:00AM Tommy- GYM
Cycle Strong 6:45PM - 7:30PM Ramya - Studio A	HIIT 6:15PM -6:45PM Marina - GYM		Abs Solution 5:15PM - 5:45PM Sarah Lynn - Studio B		Abs Solution 10:15AM - 10:45AM Sarahlynn- Gym
	 7:00PM -7:45PM Marina - GYM		 6:00PM -6:45PM Marina - GYM		Zumba 11:00AM - 11:45AM Marianne - Gym
	Abs Solution 7:15PM -7:45PM Alex - Studio A		Yoga 6:00PM -7:00PM Sarah Lynn - Studio B		
	 ZUMBA 8:00PM -8:45PM Siri - GYM		 ZUMBA 7:00PM -7:45PM Siri - GYM		

SUNDAY

 9:15AM-10:00AM Tommy- GYM
Abs Solution 10:15AM - 10:45AM Sarahlynn- Gym
Zumba 11:00AM - 11:45AM Marianne - Gym