

November

All classes in the yellow boxes are for the Senior fitness schedule.

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	Power Circuit 5:45AM -6:45AM Jeff - Gym *starts 10/18	Cycle Strong 5:45AM -6:30AM Jeff - Studio A	Zumba Gold 9:00AM -9:30AM Katy - Gym	Yoga 8:00am-9:00am Sarahlynn-Studio A
Zumba Gold 10:30AM -11:15AM Laura - Gym	Core & More 9:15AM -9:45AM Joann - Gym	Boom Move 9:00AM -9:30AM Katy - Gym	Chair Yoga 10:00AM -10:45AM Chara - Gym	SS Classic  10:00AM -10:45AM Katy - Gym	Zumba Step/Tone/Sentao 8:45am-9:45am Jen O-Gym
Zumba Sentao 11:45AM -12:30PM Jen O - Gym	Yoga  10:00AM -11:00AM Joann - Gym	SS Circuit  10:00AM -10:45AM Katy - Gym	Walk It Off 11:15AM -12:00PM Joann - Gym	SS Tabata  11:15AM -11:45AM Katy - Gym	Zumba 9:45am-10:45am Jenn O-Gym
Kid Zumba 5:00PM -5:45PM Gigi - Studio A	Stay Strong Sculpt & Tone 10:00AM -11:00AM Annemarie - Studio A	Sculpt & Tone 5:00PM - 5:45PM Sarah Lynn - Gym	Core and More 12:00PM -12:30PM Joann - Gym	STEP 6:30PM - 7:30PM Debbie - Gym	
Sculpt & Tone 5:30PM -6:15PM Shelly - 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		SUNDAY
Yoga  6:30PM -7:30PM Andrea - Room 214	Total Body Spin 6:00PM -7:00PM Shelly - Studio A	Cycle Strong 6:00PM - 6:45PM Shauna - Studio A	Cycle Strong 5:00PM - 5:45PM Ramya - Studio A	 9:15AM-10:00AM Tommy - GYM	
 6:45PM -7:30PM Marisa - Gym	HIIT 6:15PM -6:45PM Marina - GYM	 7:00PM -8:00PM Jen O - GYM	Abs Solution 5:15PM - 5:45PM Sarah Lynn - Gym	Abs Solution 10:15AM - 10:45AM Sarahlynn- Gym	
Cycle Strong 6:45PM - 7:30PM Ramya - Studio A	 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 Andrea - Studio B		
	 8:00PM -8:45PM Siri - GYM		 7:00PM -7:45PM Siri - GYM		

 Revised: 10/18/2023
 Schedule Subject to Change