

WC PARK & REC ADULT GROUP FITNESS- MAY 2021



**Fitness Equipment being used will be at your own risk
If you are participating in Yoga classes you *must* bring your own yoga mat.**

**Note: No Body Sculpt Class on Friday; May 14th
Closed on Monday; May 31st for Memorial Day**

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
7:00 a.m. -9:00 a.m. Pickleball	7:00 a.m.- 9:00 a.m. Pickleball	Building Maintenance	7:00 a.m.-9:00 a.m. Pickleball 8:00 a.m.-9:00 a.m. Spin	7:00 a.m.- 9:00 a.m. Pickleball- Gym	12:00-3:00 Pickleball
9:30 a.m. -10:30 a.m. Body Sculpt- Gym	9:30 a.m. -10:30 a.m. Dance Cardio- Gym	9:30 a.m. -10:30 a.m. Body Sculpt- Gym	9:30 a.m.- 10:30 a.m. Dance Cardio- Gym	9:30 a.m.-10:30 a.m. Body Sculpt- Gym	
11:00 a.m.-12:00 pm. SilverSneakers® Classic -	11:00 a.m- 12:00 p.m. Chair Yoga- GYM	11:00 a.m- 12:00 p.m. Silver Sneakers-Gym	11:00 a.m- 12:00 p.m. HATHA YOGA- GYM	11:00 a.m- 12:00 p.m. Silver Sneakers- GYM	
12:30 p.m. -3:00 p.m. Pickleball (G)	12:30 p.m. -3:00 p.m. Pickleball - Gym	12:30 p.m.-3:00 p.m. Pickleball	12:30 p.m.-1:30 p.m. Balance & YIN Yoga - GYM	12:30 p.m.-3:00 p.m. Pickleball (G)	
3:30-5:00 p.m. OPEN GYM	12:30 p.m.- 1:30 p.m. Men's Chair Yoga- Classroom	3:30 p.m.-5:00 p.m. Open Gym	2:00 p.m.-4:00 p.m. Pickleball-(G)	3:30-4:30 p.m. Open Gym	
5:45 p.m.-6:45 p.m. Spin	3:30 p.m.-4:30 p.m. Open Gym	5:00 p.m.-8:00 p.m. Pickleball	4:15-5:15 Open Gym		
	5:30-6:30 Vinyasa/Yin Yoga - GYM		5:30-8:00 Volleyball		

(S) = Stage • (G) = Gymnasium • (P) = Pool • (SR) = Spin Room

Hours of Operation: Monday-Thursday 7:00am-8:00pm, Friday 7:00am-5:00pm, Saturday 8:30 am-3:00pm

Pickleball website- www.yonahmntnpickleball.club- "Check the "schedule link" for beginners clinics as well as times for Open Play and drills on our 6 outdoor courts at WCP&R".