



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR SEPTEMBER 1ST- 30TH

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--------|---|---|--|--------|----------|
| 12:00 PM | | Pilates (50) Elisabeth - Sm. Studio | | Pilates (50) Elisabeth - Sm. Studio | | |
| 4:30 PM | | WAKS (60) Larisa - Lg. Studio | | WAKS (60) Larisa - Lg. Studio | | |
| 5:30 PM | | | Cycling (45) Ann - Skate Rink | | | |
| | | | Zumba (60) Amanda - Lg. Studio | | | |
| | | | Tabata (45) Todd - Functional Fitness *NEW CLASS* | | | |
| 5:45 PM | | Beginner Workout (60) Gail - Sm. Studio | | | | |
| | | Suspension Training (45) Johnny - Function Fit Area | | | | |
| 6:00 PM | | Step & Sculpt (60) Bill - Lg. Studio | | Strength for All (60) Ted - Lg. Studio | | |
| 7:00PM | | | Pound (60) Carolyn - Lg. Studio | | | |
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ALL CLASSES are free for Members
 (xx) Duration of class times in minutes
 Please register at the Welcome Center or online to save your spot in your favorite class.
 Detailed class descriptions available at the Welcome Center