



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR NOVEMBER 1st - 30th

Revision Date: 10/08/2021

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|--|---|--|---|---|
| 6:05 AM | Movin & Groovin (60) Angela - Lg. Studio | Strength & Flexibility (60) Ken - Sm. Studio | Movin & Groovin (60) Angela - Lg. Studio | Strength & Flexibility (60) Ken - Sm. Studio | Movin & Groovin (60) Angela - Lg. Studio | |
| 6:15 AM | | | Cycling (30) Joy - Skate Rink | | Cycling (30) Joy - Skate Rink | |
| 7:05 AM | | | | | | Strength & Flexibility (60) Ken - Sm. Studio |
| 8:30 AM | Enhance Fitness (60) Christy - Lg. Studio | Muscle Fit (45) Laura - Lg. Studio | Enhance Fitness (60) Christy - Lg. Studio | Muscle Fit (45) Laura - Lg. Studio | Enhance Fitness (60) Christy - Lg. Studio | Body Weight Works (30) Barbara - Lg. Studio |
| | | | | | | |
| 9:00 AM | | | | | | Cardio Interval Training (60) Patty - Gym |
| 9:15 AM | | Forever Young (45) John - Sm. Studio | | Forever Young (45) John - Sm. Studio | | |
| 9:05 AM | | | | | | Cycling (45) Barbara - Skate Rink |
| 9:30 AM | | | Step Aerobics (60) Patty - Sm. Studio | | | |
| 9:45 AM | | Silver Sneakers (60) Gary - Lg. Studio | | Silver Sneakers (60) Gary - Lg. Studio | | |
| 10:00 AM | Yoga (60) Bill - Lg. Studio | | Yoga (60) Bill - Lg. Studio | | Silver Sneakers (90) Bill - Lg. Studio | Core Conditioning (30) Barbara - Lg. Studio |
| | | | | | | Suspension Training (45) Georgeann - Sm. Studio |
| 10:45 AM | | | Core Conditioning (30) Patty - Sm. Studio | | | |
| 11:00 AM | | Silver Sneakers (60) Gary - Lg. Studio | | Silver Sneakers (60) Gary - Lg. Studio | | Pilates (50) Peggy - Lg. Studio |
| 11:30 AM | | | Silver Sneakers (60) Bill - Lg. Studio | | | |



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WESTSIDE FITNESS SCHEDULE (PM)

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| 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 | | | |
| 5:45 PM | Suspension Training (45) Johnny - Sm. Studio | Beginner Workout (60) Gail - Sm. Studio | | | | |
| 6:00 PM | | Step & Sculpt (60) Bill - Lg. Studio | | Strength for All (60) Ted - Lg. Studio | | |
| 7:00PM | | | Pound (60) Carolyn - Lg. Studio | | | |

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