



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR DECEMBER 1st - 31st

Revision Date: 11/11/2021

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)

STUDIO CLASSES FOR DECEMBER 1st - 31st

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			
			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



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