



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR June 1st - June 30th

Revision Date: 05/19/2022

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	
			Low Impact (60) Anita - Sm. Studio *New Class*			
6:15 AM			Cycling (30) Joy - Cycling Studio *New Class*		Cycling (30) Joy - Cycling Studio	
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						
9:15 AM		Forever Young (45) John - Sm. Studio		Forever Young (45) John - Sm. Studio		
9:05 AM						Cycling (45) Barbara - Cycling Studio
9:30 AM	Yoga Intermediate (60) Heather-Sm. Studio	Step Aerobics (60) Patty - Lg. Studio *New Class*	Yoga Intermediate (60) Heather-Sm. Studio	Get Ripped (60) Patty - Lg. Studio *New Class*	Yoga Intermediate (60) Heather-Sm. Studio	
9:45 AM						
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	Beginner Chair Yoga (60) Heather- Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio *New Time*	Beginner Chair Yoga (60) Heather- Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio *New Time*	Beginner Chair Yoga (60) Heather- Sm. Studio	
10:45 AM		Core Conditioning (30) Patty - Sm. Studio *New Class*		Core Conditioning (30) Patty - Sm. Studio *New Class*		
11:00 AM						Pilates (50) Peggy - Lg. Studio
11:30 AM	Zumba (60) Carol - Lg. Studio *New Class*		Silver Sneakers (60) Bill - Lg. Studio			



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WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR June 1st – June 30th

Revision Date: 05/1/2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 PM		Pilates (50) Elisabeth - Sm. Studio		Pilates (50) Elisabeth - Sm. Studio		
		Silver Sneakers (60) Gary - Lg. Studio *New Time*		Silver Sneakers (60) Gary - Lg. Studio *New Time*		
4:30 PM		WAKS (60) Larisa - Lg. Studio		WAKS (60) Larisa - Lg. Studio		
5:15 PM					Step & Sculpt (60) Tiffany - Lg. Studio *New Class*	
5:30 PM	Functional Training (60) Joe - Main Area *New Class*		Cycling (45) Ann - Cycling Studio			
			Tabata (45) Todd - Functional Fitness			
5:45 PM	Suspension Training (45) Johnny - Sm. Studio	Beginner Workout (60) Gail - Sm. Studio	Suspension Training (45) Johnny - Sm. Studio			
6:00 PM	Just Dance (60) Tiffany - Lg. Studio *New Class*	Step & Sculpt (60) Bill - Lg. Studio	Strength for All (60) Tiffany - Lg. Studio *New Class*	Strength for All (60) Ted - Lg. Studio		
6:45 PM	Cycling (60) Joe - Cycling Studio *New Class*					
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

