



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR September 1st-30th

Revision Date: 08/16/2022

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	
6:05 AM	Cycling (50) Dave *NEW CLASS - Cycling Studio		Low Impact (60) Anita - Sm. Studio		Cycling (40) Joy - NEW CLASS 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
9:15 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	Yoga Intermediate (60) Heather-Sm. Studio	Get Ripped (60) Patty - Lg. Studio	Yoga Intermediate (60) Heather-Sm. 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	Beginner Mat Yoga (60) Heather- Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio	Beginner Chair Yoga (60) Heather- Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio	Beginner Chair Yoga (60) Heather- Sm. Studio	
10:45 AM		Core Conditioning (30) Patty - Sm. Studio		Core Conditioning (30) Patty - Sm. Studio		
11:00 AM						Yogalates (50) Peg - Lg. Studio
11:30 AM	Zumba (60) Carol - Lg. Studio		Silver Sneakers (60) Bill - Lg. Studio			



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WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR September 1st-30th

Revision Date: 08/08/2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 PM		Pilates (60) Elisabeth - Sm. Studio		Pilates (60) Elisabeth - Sm. Studio		
		Silver Sneakers (60) Gary - Lg. Studio		Silver Sneakers (60) Gary - Lg. Studio		
4:30 PM		WAKS (60) Larisa - Lg. Studio		WAKS (60) Larisa - Lg. Studio		
5:15 PM					Step & Sculpt (60) Tiffany - Lg. Studio	
5:30 PM	Functional Training (60) Joe - Main Area		Cycling (45) Ann - Cycling Studio			
			Tabata (45) Todd - Functional Fitness			
5:45 PM	Suspension Training (50) Johnny - Sm. Studio			Beginner Workout (60) Gail - Sm. Studio		
6:00 PM	Just Dance (60) Tiffany - Lg. Studio	Step & Sculpt (60) Bill - Lg. Studio	Strength for All (60) Tiffany - Lg. Studio	Strength for All (60) Ted - Lg. Studio		
6:45 PM	Cycling (60) Joe - Cycling Studio					
7:00PM			Pound (60) Carolyn - Lg. Studio			

Labor Day Hours 7am-12pm

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center

