

WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR JANUARY 1-31

Revision Date: 12/19/2022

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	
6:05 AM	Cycling (50) Dave - Cycling Studio	Morning Flex Bootcamp (45) Arielle - Functional Fitness	Low Impact (55) Anita - Sm. Studio	Cycling (50) Dave - Cycling Studio	Cycling (40) 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
9:15 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			

JANUARY 1 HOURS 7:00am-12:00pm

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center

WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR JANUARY 1-31

Revision Date: 12/19/22

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						
5:30 PM	Tabata (45) Todd - Lg. Studio NEW		Tabata (45) Todd Lg. Studio		Tabata (45) Todd - Lg. Studio NEW	
	Functional Training (60) Joe - Main Area					
5:45 PM	Suspension Training (50) Johnny - Sm. Studio	Yoga- Intermediate level (60) Heather-Sm. Studio		Beginner Workout (60) Gail - Sm. Studio		
6:00 PM			Cycling (45) Ann - Cycling Studio			
6:00 PM		Step & Sculpt (60) Bill - Lg. Studio		Strength For ALL (60) Ted - Lg. Studio		
6:45 PM	Cycling (60) Joe - Cycling Studio					
7:00PM			Pound (60) Carolyn - Lg. Studio			

JANUARY 1- HOURS 7:00am-12:00pm

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