

WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR May 1-31

Revision Date: 4/24/23

| 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 |
| 8:15 AM | | Muscle Fit (45) Laura - Lg. Studio NEW TIME | | Muscle Fit (45) Laura - Lg. Studio NEW TIME | | |
| 8:30 AM | Enhance Fitness (60) Christy - Lg. Studio | | Enhance Fitness (60) Christy - Lg. Studio | | Enhance Fitness (60) Christy - Lg. Studio | Body Weight Works (30) Barbara - Lg. Studio |
| 9:00 AM | | Forever Young (45) John - Sm. Studi NEW TIME | | Forever Young (45) John- Sm. Studio NEW TIME | | |
| 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 | |
| 9:45 AM | | Tai- Chi (60) Ken Sm. Studio NEW TIME | | | | |
| 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 | | | |

May 1-31 Memorial Day Hours 7am-12pm

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR MAY 1-31

Revision Date: 4/24/23

| 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) Katie - Lg. Studio | | Tabata (45) Courtney Sm. Studio | | Tabata (45) Courtney & Katie Lg. Studio | |
| | Functional Training (60) Joe - Main Area | | | | | |
| 5:45 PM | Suspension Training (50) Johnny - Sm. Studio | Yoga- Intermediate level (60) Heather-Sm. Studio | Extreme Hip Hop Step- Kyla (60) Lg. 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 | | |
| 6:30 PM | Cycling (60) Joe - Cycling Studio | | | | | |
| 7:00PM | | | Pound (60) Carolyn - Lg. Studio | | | |

MAY 1-31 MEMORIAL DAY HOURS 7AM-12PM

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(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center

