

# WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR SEPTEMBER 1-30

Revision Date: 8/21/23

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35 AM					Cycling (40) Joy- Cycling Studio	
5:45 AM	Cycling (50 ) Dave - Cycling Studio					
6:00 AM		Morning Flex Bootcamp- (45) Arielle - Functional Fitness				
6:00 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	
7:00 AM						Strength & Flexibility (60) Ken - Sm. Studio
8:15 AM		Muscle Fit (45) Laura - Lg. Studio		Muscle Fit (45) Laura - Lg. Studio		
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				
9:05 AM				Forever Young (45) John- Lg. Studio		Cycling (45) Barbara - Cycling Studio
9:30 AM	Yoga Intermediate (60) Celine Sm. Studio	Step Aerobics (60) Patty - Lg. Studio	Yoga Intermediate (60) Sue-Sm. Studio	Get Ripped (60) Patty - Sm. Studio	Yoga Intermediate (60) Leigh-Sm. Studio	
9:45 AM		Tai- Chi (60) Ken 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 Chair Yoga (45) Celine- Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio	Beginner Chair Yoga (60) -Sue- Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio	Beginner Chair Yoga (45) Leigh- 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			

# WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR SEPTEMBER 1-30

Revision Date: 8/21/23

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	GROOVE Dance Fit (60) Sarah Lg. Studio <b>NEW TIME</b>	WAKS (60) Larisa - Lg. Studio		
5:15 PM						
5:30 PM	Tabata (45) Katie - Lg. Studio	Cycling (45) Nilla - Cycling Studio <b>NEW</b>	Tabata (45) Courtney Sm. Studio	Cycling (45) Nilla - Cycling Studio <b>NEW</b>	Tabata (45) Courtney & Katie Lg. Studio <b>NEW</b>	
	Functional Training (60) Joe - Main Area					
5:45 PM	Suspension Training (50) Johnny - Sm. Studio		Extreme Hip Hop Step-Kyla (60) Lg. 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			

SEPTEMBER 1-30

LABOR DAY 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