

# WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR MAY 1-31

Revision Date: 4/25/24

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	Movin & Groovin (60) Angela - Lg. Studio	Morning Flex Bootcamp (45) Arielle - Functional Fitness	Movin & Groovin (60) Angela - Lg. Studio	Strength & Flexibility (60) Ken - Sm. Studio	Movin & Groovin (60) Angela - Lg. Studio	
		Strength & Flexibility (60) Ken - Sm. Studio				
7:00 AM						Strength & Flexibility (60) Ken - Sm. Studio
8:00am					Small Group Power Strength (60) Courtney - Functional Fitness ***Registration Required** <b>NEW!!</b>	
8:15 AM		Muscle Fit (45) Laura - Lg. Studio		Muscle Fit (45) Laura - Lg. Studio	Core & Restore (45) Laura, Monica - Sm. Studio <b>NEW!!!</b>	
8:30 AM	EnhanceFitness (60) Christy - Lg. Studio		EnhanceFitness (60) Christy - Lg. Studio		EnhanceFitness (60) Christy - Lg. Studio	Body Weight Works (30) Barbara - Lg. Studio
9:00 AM		Forever Young (45) John - Sm. Studio				Yogalates (55) Peg/Lis Sm. Studio
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	Hatha Yoga (60) Sue - Sm. Studio	Get Ripped (60) Patty - Sm. Studio	Full Circle Flow (60) Leigh - Sm. Studio	
9:45 AM		Tai- Chi (60) Ken Sm. Studio				
10:00 AM	Yoga Basics (60) Bill - Lg. Studio		Yoga Basics (60) Bill - Lg. Studio	Silver Sneakers Classic (60) Gary - 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	Functional Chair Yoga (60) Sue - Sm. Studio		Beginner Chair Yoga (45) Leigh - Sm. Studio	
		Core Conditioning (30) Patty - Sm. Studio		Core Conditioning (30) Patty - Sm. Studio		
11:10am				Silver Sneakers Circuit (45) Gary - Lg. Studio		
11:30 AM			Silver Sneakers (60) Bill - Lg. Studio			

# WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR MAY 1-31

Revision Date: 4/25/24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 PM		Pilates (60) Elisabeth - Sm. Studio		Pilates (60) Elisabeth - Sm. Studio		
12:05 PM		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		
5:30 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		Extreme Hip Hop Step-Kyla (60) Lg. Studio			
			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 (45) Joe - Cycling Studio					
6:45PM			Foam Rolling (30) Ann - Sm. Studio			
7:00PM			Pound (60) Carolyn - Lg. Studio			

## May 1-31

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center

