

# WESTSIDE YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR DECEMBER 1-22

Date revised 11/21/24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40 AM					Cycle (45) Joy – Cycle Studio	
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	
		Morning Flex Bootcamp (45) Arielle - Functional Fitness				
7:00 AM						Strength & Flexibility (60) Ken - Sm. Studio
8:15 AM		Muscle Fit (45) Laura - Lg. Studio		Muscle Fit (45) Laura - Lg. Studio	Core & Restore (45) Laura, Monica - Sm. Studio	
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		Forever Young (45) John- Lg. Studio		Yogalates (55) Peg/Lis - Sm. Studio
9:05 AM						Cycling (45) Barbara - Cycling Studio
9:30 AM	Yoga Intermediate (60) Celine - Sm. Studio	Step Aerobics (60) Patty - Lg. Studio	Hatha Yoga (60) Erin - 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 (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) Erin - Sm. Studio	Silver Sneakers Classic (60) Gary - Lg. Studio	Easy Does It – Yoga Foundations (45) Leigh - Sm. Studio	
		Core Conditioning (30) Patty - Sm. Studio		Core Conditioning (30) Patty - Sm. Studio		
11:30 AM	Zumba (60) Carol - Lg. Studio		Silver Sneakers (60) Bill - Lg. Studio			
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		
5:30 PM	Tabata (45) Katie - Lg. Studio	5:35pm Core & More (30) Larisa - Lg. Studio	Tabata (45) Courtney - Lg. Studio		Line Dancing (60) Angela - Lg. Studio *2nd and 4th Fridays	
5:45 PM	Suspension Training (50) Johnny - Sm. Studio					
			Cycling (45) Ann - Cycling Studio			
6:00 PM				Strength For ALL (60) Ted - Lg. Studio		
6:15 PM			Extreme Hip Hop Step (60) Kyla - Lg. Studio			
6:30 PM	Extreme Hip Hop Step (60) Janay – Lg. Studio <b>NEW!!!</b>					
6:45 PM			POUND/POUND Unplugged (45) Savana - Sm. Studio *No class 12/18			

ALL CLASSES are free for members. Detailed class descriptions are available at the Welcome Center.

(xx) Duration of class times in minutes

**Special Holiday Schedule 12/23-1/5**