

# WESTSIDE YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1-30

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Closed Thursday 11/27, modified schedule Wednesday 11/26 & Friday 11/28



Date revised 10/28/2025

| TIME     | MONDAY                                          | TUESDAY                                                    | WEDNESDAY                                          | THURSDAY                                                           | FRIDAY                                                           | SATURDAY                                           |
|----------|-------------------------------------------------|------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|
| 5:40 AM  |                                                 |                                                            | Cycling (35)<br>Joy – Cycle Studio<br><b>NEW!!</b> |                                                                    |                                                                  |                                                    |
| 6:00 AM  | Movin' & Groovin' (60)<br>Angela - Lg. Studio   | Strength & Flexibility (60)<br>Ken - Sm. Studio            | Movin' & Groovin' (60)<br>Angela - Lg. Studio      | Strength & Flexibility (60)<br>Ken - Sm. Studio                    | Movin' & Groovin' (60)<br>Angela - Lg. Studio                    |                                                    |
|          |                                                 | Morning Flex Bootcamp (45)<br>Arielle – Functional Fitness |                                                    |                                                                    |                                                                  |                                                    |
| 7:00 AM  |                                                 |                                                            |                                                    |                                                                    |                                                                  | Strength & Flexibility (60)<br>Ken - Sm. Studio    |
| 8:15 AM  |                                                 | Muscle Fit (45)<br>Laura - Lg. Studio                      |                                                    | Muscle Fit (45)<br>Laura - Lg. Studio                              | Core & Restore (45)<br>Monica - Sm. Studio                       |                                                    |
| 8:30 AM  | EnhanceFitness (60)<br>Christy - Lg. Studio     |                                                            | EnhanceFitness (60)<br>Christy - Lg. Studio        |                                                                    | EnhanceFitness (60)<br>Christy - Lg. Studio                      | Body Weight Works (30)<br>Barbara - Lg. Studio     |
|          |                                                 |                                                            | Yoga (60)<br>Erin – Sm. Studio                     |                                                                    |                                                                  |                                                    |
| 9:00 AM  | Cycling (45)<br>Jen – Cycle Studio              | Forever Young (45)<br>John - Sm. Studio                    | Cycling (45)<br>Jen – Cycle Studio                 | Forever Young (45)<br>John- Lg. Studio                             |                                                                  | 9:05a Yogalates (50)<br>Peg/Lis - Lg. Studio       |
| 9:05 AM  |                                                 |                                                            |                                                    |                                                                    | Strength Basics (30)<br>Monica – Sm. Studio<br><b>NEW!!</b>      | Cycling (45)<br>Barbara - Cycling Studio           |
| 9:30 AM  | Yoga Intermediate (60)<br>Laurie - Sm. Studio   | Step Aerobics (60)<br>Patty – Lg. Studio                   |                                                    | Get Ripped (60)<br>Patty – Sm. Studio                              |                                                                  |                                                    |
| 9:45 AM  |                                                 | Tai- Chi (60)<br>Ken Sm. Studio                            | Chair Yoga (45)<br>Erin- Sm. Studio                |                                                                    |                                                                  |                                                    |
| 10:00 AM | Yoga Basics (60)<br>Bill - Lg. Studio           |                                                            | Yoga Basics (60)<br>Bill - Lg. Studio              |                                                                    | Silver Sneakers (90)<br>Bill - Lg. Studio                        | Suspension Training (45)<br>Georgeann - Sm. Studio |
|          |                                                 |                                                            |                                                    |                                                                    |                                                                  | Core Conditioning (30)<br>Barbara - Lg. Studio     |
| 10:45 AM | Chair Yoga (60)<br>Laurie – Sm. Studio          | Silver Sneakers (60)<br>Gary - Lg. Studio                  |                                                    | Silver Sneakers Classic (60)<br>Gary - Lg. Studio                  |                                                                  |                                                    |
|          |                                                 | Core Conditioning (30)<br>Patty – Sm. Studio               |                                                    | Core Conditioning (30)<br>Patty – Sm. Studio                       |                                                                  |                                                    |
| 11:30 AM | Zumba (60)<br>Carol - Lg. Studio                |                                                            | Silver Sneakers (60)<br>Bill - Lg. Studio          |                                                                    |                                                                  |                                                    |
| 12:00 PM |                                                 | Pilates (60)<br>Elisabeth - Sm. Studio                     |                                                    | Pilates (60)<br>Elisabeth - Sm. Studio                             |                                                                  |                                                    |
|          |                                                 | Silver Sneakers (60)<br>Gary - Lg. Studio                  |                                                    | Silver Sneakers (60)<br>Gary - Lg. Studio                          |                                                                  |                                                    |
| 4:30 PM  |                                                 | WAKS (60)<br>Larisa - Lg. Studio                           |                                                    | WAKS (60)<br>Larisa - Lg. Studio                                   |                                                                  |                                                    |
| 5:30 PM  | Tabata (45)<br>Katie - Lg. Studio               |                                                            | Tabata (45)<br>Courtney - Lg. Studio               | Yoga (60)<br>Elizabeth – Sm. Studio                                | Line Dancing (60)<br>Angela - Lg. Studio<br><b>*11/14, 11/21</b> |                                                    |
| 5:40 PM  | Suspension Training (50)<br>Johnny - Sm. Studio | 5:35pm Core & More (30)<br>Larisa - Lg. Studio             |                                                    | 5:35pm Core & More (30)<br>Larisa – Racquetball Ct<br><b>NEW!!</b> |                                                                  |                                                    |
| 6:00 PM  |                                                 |                                                            | Cycling (45)<br>Ann - Cycling Studio               | Strength For ALL (60)<br>Ted - Lg. Studio                          |                                                                  |                                                    |
| 6:15 PM  |                                                 |                                                            | Extreme Hip Hop Step (60)<br>Kyla - Lg. Studio     |                                                                    |                                                                  |                                                    |
| 6:30 PM  |                                                 | Zumba (60)<br>Molls – Lg. Studio                           |                                                    |                                                                    |                                                                  |                                                    |
| 6:45 PM  |                                                 |                                                            | POUND/POUND Unplugged (45)<br>Molls - Sm. Studio   |                                                                    |                                                                  |                                                    |

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

(xx) Duration of class times in minutes