

# WESTSIDE YMCA FITNESS SCHEDULE HOLIDAY WEEKS

STUDIO CLASSES FOR DECEMBER 22 – JANUARY 4

Date revised 12/15/2025

**\*Classes are running both weeks unless indicated with a singular date**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40 AM						
6:00 AM	Movin' & Groovin' (60) Angela - Lg. Studio	Strength & Flexibility (60) Ken - Sm. Studio				
7:00 AM						Strength & Flexibility (60) Ken - Sm. Studio
8:15 AM		Muscle Fit (45) Laura - Lg. Studio			Core & Restore (45) 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 <b>3<sup>rd</sup> only</b>
			Yoga (60) Erin - Sm. Studio			
9:00 AM	Cycling (45) Jen - Cycle Studio	Forever Young (45) John - Sm. Studio		Forever Young (45) John - Lg. Studio <b>1<sup>st</sup> only</b>		Yogalates (50) Lis - Lg. Studio
9:05 AM					Strength Basics (30) Monica - Sm. Studio	Cycling (45) Barbara - Cycling Studio <b>3<sup>rd</sup> only</b>
9:30 AM	Yoga Intermediate (60) Laurie - Sm. Studio	Step Aerobics (60) Patty - Lg. Studio				
9:45 AM		Tai- Chi (60) Ken Sm. Studio	Chair Yoga (45) Erin- Sm. Studio			
10:00 AM	Yoga Basics (60) Bill - Lg. Studio				Silver Sneakers (90) Bill - Lg. Studio	Suspension Training (45) Georgeann - Sm. Studio
						Core Conditioning (30) Barbara - Lg. Studio <b>3<sup>rd</sup> only</b>
10:45 AM	Chair Yoga (60) Laurie - Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio				
		Core Conditioning (30) Patty - Sm. Studio				
11:30 AM	Zumba (60) Carol - Lg. Studio					
12:00 PM		Pilates (60) Elisabeth - Sm. Studio				
		Silver Sneakers (60) Gary - Lg. Studio				<b>Sunday 12/28</b> Line Dancing Event w/ Angela 1-2:30pm Sports Courts
4:30 PM		WAKS (60) Larisa - Lg. Studio				
5:30 PM	Tabata (45) Katie - Lg. Studio <b>22<sup>nd</sup> only</b>					
5:40 PM	Suspension Training (50) Johnny - Sm. Studio	5:35pm Core & More (30) Larisa - Lg. Studio				

ALL CLASSES are free for members. Detailed class descriptions are available at the Welcome Center.  
(xx) Duration of class times in minutes

View our online calendar for live updates! Scan the QR code!

