

WESTSIDE YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR JANUARY 5-31

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

Date revised 1/8/2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40 AM			Cycling (35) 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) 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
			Yoga (60) Erin – Sm. Studio			
9:00 AM	Cycling (45) Jen – Cycle Studio	Forever Young (45) John - Sm. Studio	Cycling (45) Jen – Cycle Studio	Forever Young (45) John- Lg. Studio		Yogalates (50) Peg/Lis - Lg. Studio
9:05 AM					Strength Basics (30) Monica – Sm. Studio	Cycling (45) Barbara - Cycling Studio
9:30 AM	Yoga Intermediate (60) Laurie - Sm. Studio	Step Aerobics (60) Patty – Lg. Studio		Get Ripped (60) Patty – Sm. 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		Yoga Basics (60) Bill - Lg. Studio		Silver Sneakers (90) Bill - Lg. Studio	Suspension Training (45) Georgeann - Sm. Studio
						Core Conditioning (30) Barbara - Lg. Studio
10:45 AM	Chair Yoga (60) Laurie – Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio		Silver Sneakers Classic (60) Gary - Lg. 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		Tabata (45) Courtney - Lg. Studio	Yoga (60) Elizabeth – Sm. Studio	Line Dancing (60) Angela - Lg. Studio <i>*dates TBD</i>	
5:35 PM		Core & More (30) Larisa - Lg. Studio		Core & More (30) Larisa – Racquetball Ct		
5:45 PM	Suspension Training (50) Johnny - Sm. Studio					
6:00 PM			Cycling (45) Ann - Cycling Studio	Strength For ALL (60) Ted - Lg. Studio		
6:15 PM			Extreme Hip Hop Step (60) Kyla - Lg. Studio			
6:30 PM		Zumba (60) Molls – Lg. Studio				
6:45 PM			POUND/POUND Unplugged (45) 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