

# WESTSIDE YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR JUNE 1-30



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Date revised 5/27/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:45 AM</b>			Spin-Strength-Stretch (45) Erin – Cycling Studio <b>NEW!!</b>			
<b>6:00 AM</b>	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				
<b>7:00 AM</b>						Strength & Flexibility (60) Ken - Sm. Studio
<b>8:15 AM</b>		Muscle Fit (45) Laura - Lg. Studio		Muscle Fit (45) Laura - Lg. Studio	Core & Restore (45) Monica - Sm. Studio	
<b>8:30 AM</b>	EnhanceFitness (60) Christy - Lg. Studio		EnhanceFitness (60) Christy - Lg. Studio		EnhanceFitness (60) Christy - Lg. Studio	Body Weight Works (30) Barbara - Lg. Studio
<b>9:00 AM</b>		Forever Young (45) John - Sm. Studio	Cycling (45) Jen – Cycle Studio	Forever Young (45) John - Lg. Studio		Yogalates (50) Peg/Lis - Lg. Studio
<b>9:05 AM</b>					Strength Basics (30) Monica – Sm. Studio	Cycling (45) Barbara - Cycling Studio
<b>9:30 AM</b>	Yoga Intermediate (60) Laurie - Sm. Studio	Step Aerobics (60) Patty – Lg. Studio	Yoga (60) Erin – Sm. Studio <b>NEW TIME</b>	Get Ripped (60) Patty – Sm. Studio		
<b>9:45 AM</b>		Tai- Chi (60) Ken Sm. Studio				
<b>10:00 AM</b>	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
<b>10:45 AM</b>	Chair Yoga (60) Laurie – Sm. Studio	Silver Sneakers (60) Gary - Lg. Studio	Chair Yoga (45) Erin - Sm. Studio <b>NEW TIME</b>	Silver Sneakers Classic (60) Gary - Lg. Studio		
		Core Conditioning (30) Patty – Sm. Studio		Core Conditioning (30) Patty – Sm. Studio		
<b>11:30 AM</b>	Zumba (60) Carol - Lg. Studio		Active Older Adults (60) Anita/Kelli - Lg. Studio			
<b>12:00 PM</b>		Pilates (60) Elisabeth - Sm. Studio		Pilates (60) Elisabeth - Sm. Studio		
		Silver Sneakers (60) Gary - Lg. Studio		Silver Sneakers (60) Gary - Lg. Studio		
<b>4:30 PM</b>		WAKS (60) Larisa - Lg. Studio		WAKS (60) Larisa - Lg. Studio		
<b>5:30 PM</b>	Tabata (45) Katie - Lg. Studio		Tabata (45) Courtney - Lg. Studio	Yoga (60) Elizabeth – Sm. Studio <b>*No class 6/25</b>	Line Dancing (60) Angela - Lg. Studio <b>6/5, 6/12, 6/19</b>	
<b>5:35 PM</b>		Core & More (30) Larisa - Lg. Studio		Core & More (30) Larisa – Racquetball Ct		
<b>5:45 PM</b>	Suspension Training (50) Johnny - Sm. Studio					
<b>6:00 PM</b>			Cycling (45) Ann - Cycling Studio	Strength For ALL (60) Ted - Lg. Studio		
<b>6:15 PM</b>			Extreme Hip Hop Step (60) Kyla - Lg. Studio			
<b>6:30 PM</b>						
<b>6:45 PM</b>						

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

(xx) Duration of class times in minutes