

# WESTSIDE FITNESS SCHEDULE (AM)

STUDIO CLASSES FOR JUNE 1-30

Revision Date: 5/23/24

| TIME     | MONDAY  | TUESDAY   | WEDNESDAY                                      | THURSDAY  | FRIDAY   | SATURDAY  |
|----------|---|---|--|---|--|---|
| 6:00 AM  | Movin & Groovin (60)<br>Angela - Lg. Studio                           | Morning Flex Bootcamp<br>(45) Arielle - Functional<br>Fitness | Movin & Groovin (60)<br>Angela - Lg. Studio    | Strength & Flexibility<br>(60) Ken -<br>Sm.<br>Studio | Movin & Groovin (60)<br>Angela - Lg. Studio  |   |
|          |   | Strength & Flexibility<br>(60) Ken -<br>Sm. Studio            |  |   |  |   |
| 7:00 AM  |   |   |  |   |  | Strength & Flexibility<br>(60) Ken -<br>Sm. Studio    |
| 8:00am   |   |   |  |   | Small Group Power<br>Strength (60) Courtney<br>- Functional Fitness<br>***Registration<br>Required** |   |
| 8:15 AM  | YogaFit (60) Tiffany -<br>Sm. Studio<br><b>NEW!!!</b><br>*Begins 6/10 | Muscle Fit (45) Laura -<br>Lg. Studio                         |  | Muscle Fit (45) Laura -<br>Lg. Studio                 | Core & Restore (45)<br>Laura, Monica - Sm.<br>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<br>(30) Barbara - Lg.<br>Studio     |
| 9:00 AM  |   | Forever Young (45) John<br>- Sm. Studio                       |  |   |  | Yogalates (55) Peg/Lis<br>Sm. Studio                  |
| 9:05 AM  |   |   |  | Forever Young (45)<br>John- Lg. Studio                |  | Cycling (45) Barbara -<br>Cycling Studio              |
| 9:30 AM  | Yoga Intermediate (60)<br>Celine - Sm. Studio                         | Step Aerobics (60) Patty<br>- Lg. Studio                      | Hatha Yoga (60) Sue -<br>Sm. Studio            | Get Ripped (60) Patty -<br>Sm. Studio                 | Full Circle Flow (60)<br>Leigh - Sm. Studio  |   |
| 9:45 AM  |   | Tai- Chi (60) Ken Sm.<br>Studio                               |  |   |  |   |
| 10:00 AM | Yoga Basics (60) Bill -<br>Lg. Studio                                 |   | Yoga Basics (60) Bill -<br>Lg. Studio          | Silver Sneakers Classic<br>(60) Gary - Lg. Studio     | Silver Sneakers (90)<br>Bill - Lg. Studio  | Core Conditioning (30)<br>Barbara - Lg. Studio        |
|          |   |   |  |   |  | Suspension Training<br>(45) Georgeann - Sm.<br>Studio |
| 10:45 AM | Beginner Chair Yoga<br>(45) Celine - Sm. Studio                       | Silver Sneakers (60)<br>Gary - Lg. Studio                     | Functional Chair Yoga<br>(60) Sue - Sm. Studio |   | Beginner Chair Yoga<br>(45) Leigh - Sm. Studio   |   |
|          |   | Core Conditioning (30)<br>Patty - Sm. Studio                  |  | Core Conditioning (30)<br>Patty - Sm. Studio          |  |   |
| 11:10am  |   |   |  | Silver Sneakers Circuit<br>(45) Gary - Lg. Studio     |  |   |
| 11:30 AM |   |   | Silver Sneakers (60)<br>Bill - Lg. Studio      |   |  |   |

# WESTSIDE FITNESS SCHEDULE (PM)

STUDIO CLASSES FOR JUNE 1-30

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| TIME     | MONDAY                                       | TUESDAY                                | WEDNESDAY                                 | THURSDAY                               | FRIDAY | SATURDAY |
|----------|--|--|---|--|--------|----------|
| 12:00 PM |  | Pilates (60) Elisabeth - Sm. Studio    |   | Pilates (60) Elisabeth - Sm. Studio    |        |          |
| 12:05 PM |  | 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 Sm. Studio           |  |        |          |
|          | Functional Training (60) Joe - Main Area     |  |   |  |        |          |
| 5:45 PM  | Suspension Training (50) Johnny - Sm. Studio |  | Extreme Hip Hop Step-Kyla (60) Lg. Studio |  |        |          |
|          |  |  | Cycling (45) Ann - Cycling Studio         |  |        |          |
| 6:00 PM  |  | Step & Sculpt (60) Bill - Lg. Studio   |   | Strength For ALL (60) Ted - Lg. Studio |        |          |
| 6:30 PM  | Cycling (45) Joe - Cycling Studio            |  |   |  |        |          |
| 7:00PM   |  |  | Pound (60) Carolyn - Lg. Studio           |  |        |          |

## June 1-30

ALL CLASSES are free for Members

(xx) Duration of class times in minutes

Detailed class descriptions available at the Welcome Center