

Westside Holiday Schedule (12/23-1/5):

Monday 12/23

5:40am Cycle w/ Joy
7am Movin' & Groovin' w/ Angela
8:30am EnhanceFitness w/ Chris
9:30am Yoga w/ Celine
10am Yoga w/ Bill
10:45am Chair Yoga w/ Celine
11:30am Zumba w/ Carol
5:45pm Suspension Training w/ Johnny

Tuesday 12/24

7am Strength & Flexibility w/ Ken
8:15am Muscle Fit w/ Laura
9am Forever Young w/ John
10:45am Silver Sneakers w/ Gary

Thursday 12/26

6am Strength & Flexibility w/ Ken
8:15am Muscle Fit w/ Laura
9am Forever Young w/ John
9:30am Get Ripped, 10:45 – 11:15
Core w/ Patty
10:45am and 12pm Silver
Sneakers w/ DeLee

Friday 12/27

7am Movin' & Groovin' w/ Angela
8:30am EnhanceFitness w/ Chris
10am Silver Sneakers w/ Bill
5-6:30pm Line Dancing w/ Angela

Saturday 12/28

7am Strength & Flexibility w/ Ken

Monday 12/30

5:40am Cycle w/ Joy
8:30am EnhanceFitness w/ Chris
10am Yoga w/ Bill
11:30am Zumba w/ Carol
5:45pm Suspension Training w/ Johnny

Tuesday 12/31

7am Strength & Flexibility w/ Ken
9am Forever Young w/ John
10:45am Silver Sneakers w/ Gary

Thursday 1/2

6am Strength & Flexibility w/ Ken
9am Forever Young w/ John
10:45am and 12pm Silver
Sneakers w/ Gary
12pm Pilates w/ Lis

Friday 1/3

5:40-6:15am Cycle w/ Joy
8:30am EnhanceFitness w/ Chris
10am Silver Sneakers w/ Bill

Saturday 1/4

7am Strength & Flexibility w/ Ken
9am Pilates w/ Lis

