

WESTSIDE YMCA FITNESS SCHEDULE

STUDIO CLASSES FOR MARCH 1-23



Don't miss Shake Your Shamrock on Saturday 3/9 from 9-11:30am! Dancing, snacks, prizes and fun!
 View our online calendar for altered schedule the week of Spring Break (3/23-3/30) Scan the QR code!

Date revised 2/24/2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:40 AM					Cycle (45) 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
9:00 AM		Forever Young (45) John - Sm. Studio		Forever Young (45) John - Lg. Studio		Yogalates (55) Peg/Lis - Sm. Studio
9:05 AM						Cycling (45) Barbara - Cycling Studio
9:30 AM	Yoga Intermediate (60) Laurie - Sm. Studio *No class 3/3	Step Aerobics (60) Patty - Lg. Studio	Hatha Yoga (60) Erin - Sm. Studio	Get Ripped (60) Patty - Sm. Studio		
	Cycling (45) Jen - Cycle Studio NEW!!		Cycling (45) Jen - Cycle Studio NEW!!			
9:45 AM		Tai- Chi (60) Ken Sm. Studio				
10:00 AM	Yoga Basics (60) Bill - Lg. Studio		Yoga Basics (60) Bill - Lg. Studio		Silver Sneakers (90) Bill - Lg. Studio	Core Conditioning (30) Barbara - Lg. Studio
						Suspension Training (45) Georgeann - Sm. Studio
10:45 AM	Chair Yoga (60) Laurie - Sm. Studio *No class 3/3	Silver Sneakers (60) Gary - Lg. Studio	Functional Chair Yoga (45) Erin - Sm. 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	5:35pm Core & More (30) Larisa - Lg. Studio	Tabata (45) Courtney - Lg. Studio	Yoga (60) Elizabeth - Sm. Studio	Line Dancing (60) Angela - Lg. Studio *2nd and 4th Fridays	
5:45 PM	Suspension Training (50) Johnny - Sm. Studio		Cycling (45) Ann - Cycling Studio			
6:00 PM		Building Blocks (45) Doug - Sm. Studio NEW!!!		Strength For ALL (60) Ted - Lg. Studio		
6:15 PM			Extreme Hip Hop Step (60) Kyla - Lg. Studio			
6:30 PM	Extreme Hip Hop Step (60) Janay - Lg. Studio					
6:45 PM			POUND/POUND Unplugged (45) Savana - Sm. Studio			

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