



WESTMINSTER FAMILY FITNESS CENTER - GROUP

FITNESS SCHEDULE and DESCRIPTIONS

11 Longwell Avenue, Westminster MD 21157, 410-751-5501, www.westminstermd.gov

The Mission of the Westminster Family Center's Group Fitness Team: To provide a safe and enjoyable environment for people of all ages and fitness levels by providing a variety of aerobic, strength training, and mind body classes taught by Nationally Certified Instructors.

12 years of age up to 14 years old can participate in class with a legal parent or guardian.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 6:45 A			<u>Power Yoga</u> Joe				
8:00 – 9:00 A	<u>Cardio Dance</u> Dee	<u>Light Dance</u> Dee	<u>Cardio Dance</u> Dee	<u>Light Dance</u> Dee	<u>Cardio Dance</u> Dee	<u>Zumba</u> Sarah C	
8:30 – 9:30 A					<u>Barre</u> Alex ●	Barre Alex ●	
9:00 – 9:45 A		★ <u>Cize Live-45</u> ◆ Tara ●		<u>Zumba-45</u> Lisa ●			
9:00 – 10:00 A	<u>TABATA</u> Gabby	<u>Barre</u> Alex ●	<u>Happy Hour at the Barre</u> Gabby ●	<u>TABATA</u> Gabby	<u>*Cycle</u> Gabby	<u>Anything Goes</u> ALTERN	
9:30 – 10:30 A	<u>*Cycle-30</u> Shareen ●				<u>Jump Start Cardio-30</u> Rachel ●	<u>*Cycle-45</u> Shareen ●	
9:45 – 11:00 a					<u>Flow Yoga-75</u> Joe ●		
10:00 – 11:15 A	<u>Hot Yoga-75</u> ★ Joe ●		<u>Hot Yoga-75</u> Jill ●		<u>Muscle Pump-30</u> Rachel ●		
10:00 – 11:00 A	<u>Core-30</u> Sharleen ●	<u>Zumba</u> Alex ●	<u>TRX Circuit</u> Rachel	<u>Bootcamp/ sport yoga</u> Sarah	<u>Happy Hour at the Barre</u> Gabby ●	<u>Flow Yoga</u> ALTERNATE	<u>*Cycle</u> Maggie
11:00 – 12:15 P		<u>Flow Yoga-75</u> Syeda ●	<u>Zumba</u> Alex	<u>Flow Yoga-75</u> Shawn ●			
12:00 – 1:00 P		<u>Pick-Up Basketball</u>		<u>Pick-Up Basketball</u>			<u>Flow Yoga-75</u> ALTERN ●
12:10 – 12:50 P	<u>Express Yoga-40</u> Shawn ●		<u>Express Barre-40</u> ● Alex ●				
4:30 – 5:30 p	<u>Flow Yoga</u> Kelly				<u>Flow Yoga</u> Canceled until further notice		
4:45 – 5:45 P		<u>Hot Yoga</u> Joe					
5:00 – 6:00 P	<u>Pick-Up Basketball</u>	<u>Kickboxing Bootcamp</u> Josh		<u>PiYo</u> Rachel			
6:00 – 7:00 P	<u>Total Body Blast</u> Reba	<u>Flow Yoga</u> Joe	<u>Core Yoga</u> Bob		<u>Vinyasa Flow-75</u> Bob ●		
		<u>Zumba</u> Sarah C	<u>TABATA</u> Gabby	<u>Barre</u> Alex ●	<u>Zumba</u> Rhonda	<u>Barre</u> Alex ●	
6:30 – 7:30 P	<u>*Cycle</u> Wendy	<u>*Cycle</u> Kaye		<u>*Cycle</u> Kaye			
7:00 – 8:00 P	<u>Zumba</u> Lisa		<u>Zumba</u> Penny	1/9/17 – 2/19/17 ◆ “New Year New You” <u>Bonus Class</u> Maggie			

* SIGN UP AT THE FRONT DESK NO MORE THAN 48 HOURS IN ADVANCE, 410-751-5501

★ Indicates a new instructor, format and/or time

◆ Indicates a new class

● Indicates class length of 30, 40, 45 or 75 minutes

● Third Floor Studio

▲ Westminster Municipal Pool, 325 Royer Rd, Westminster

All classes are 60 minutes unless noted. Class descriptions on the back of the schedule.