

March 2020 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 parent or legal guardian.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a		*Cycle 30/Tabata30 Maggie	Ultimate Strength & Core Maggie	*Cycle 45 Maggie	Rope Burn HIIT Maggie		
8:00 a	Line Dance Dee		Light Dance Dee		Light Dance Dee	Zumba 45 Sarah	
					Yoga & Meditation 75 Joe		
8:30 a		Yin Yoga-75 Cindy					
9:00 a	TABATA Gabby	Happy Hour at the Barre Gabby	*Cycle 45 Gabby	Zumba 45 Lisa		Anything Goes ALTERN	HIIT Michelle
	*Cycle- 45 Maggie		Slow Flow Yoga 75 Cindy	Yin Yoga Shawn			
9:15 a				*Cycle 45 Maggie	*Cycle 45 Gabby		
9:45 a					Yoga & Meditation 75 Joe		
10:00 a	TABATA Gabby	Triple Threat Maggie	Tabata Gabby	Butts & Guts Bethany K	Ultimate Strength & core Maggie	Flow Yoga-75 Cindy	*Cycle 45 ALTERN
						*Cycle-45 Maggie	
10:15 a	Zumba Alex			Slow Flow Yoga-75 Shawn	Happy Hour at the Barre Gabby		
10:30 a							Ju Jitsu 10:30-12p
10:45 a	Flow Yoga Joe						
12:00 p	Pick-Up Basketball	Pick-Up Basketball		Pick-Up Basketball			
12:10 p	Express Yoga-40 Shawn						
3:45p		Self Defense 3:45-5p					
4:45 p	Flow Yoga Karen						
5:00 p		Kickboxing Bootcamp Josh		Ultimate Strength & Core Josh			
5:30 p			* Cycle Teresa				
6:00 p	Rock Solid & Core Maggie	Zumba Sarah	Hot Yoga Bethany B	TABATA Gabby	Zumba Rhonda	*Cycle 45 Gabby	
				Flow Yoga Karen	Barre Alex		
6:15 p	*Cycle Wendy						
6:30 p	Hatha Flow Yoga Salina			Therapeutic Yoga Flow Salina			
7:00 p	Mix It Up Monday Kristy		20, 20, 20 Kristy				

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

- ★ New instructor, format, time and/or location, ◆ New class, ■ dates to be announced, Canceled class
- Third Floor Barre Studio, ○ class length of 30, 40, 45, 75 or 90 minutes
- ▲ Westminster Municipal Pool, 325 Royer Rd, Westminster 410-857-5633

Yoga Studio: Yoga classes, **Cycle Studio:** Cycle classes, **Barre Studio (3rd Floor):** marked with ● symbol, **Gymnasium:** All other classes

All classes are 60 minutes unless noted. Class descriptions on reverse side.

Child Care is available during all classes (excludes classes before 8:30 am and after 7:00 pm)

Schedule is subject to change EACH MONTH based on class participation.