

January 2022 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 Danielle		Cycle Danielle		
6:15 a		Group Blast® Courtney	Group Power® Lynette		Group Power® Lynette		
8:00 a				R.I.P.P.E.D. Traci		Group Blast® Courtney	
8:15 a						HIIT Cycle Maggie	
8:30 a							Circuit Training Michelle
9:00 a	Zumba Alex	Group Power® Traci	Strength & Core Danielle	Zumba-45 Lisa	Group Power® Traci		
	HIIT Cycle Maggie	Cycle Danielle ★ Beginner Yoga Karen M	HIIT Cycle Maggie	Cycle Traci	Cycle Gabby		
9:15 a					Yoga & Meditation-75 Cindy	Tabata Maggie/ Danielle/ Michelle	
10:15 a	HIIT Maggie	Tabata Maggie	Rope Burn Maggie	Tabata Maggie	HIIT Maggie	Pound Maureen	
	Vinyasa Yoga Christine	TRX-45 Traci	Power Yoga Christine	Slow Flow Yoga-75 Shawn	Barre Gabby		
1:00 p- 4:45 p	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball		
5:00 p	Zumba Kristy	Zumba Sarah	Zumba Toning Maureen	Stability Ball-45 Lynette			
	Barre Stephanie		Barre Stephanie				
5:30 p	★ HIIT Cycle Maggie	Cycle-45 Wendy		Cycle-45 Teresa/Traci			
6:00 p	R.I.P.P.E.D. Courtney		Tabata Danielle				
6:15 p	★ Vinyasa Yoga Karen M	Group Power® Traci	★ Yoga Nicole	Group Blast® Courtney			
		Hot Vinyasa Yoga Bethany		★ Gentle Yoga Kate			
7:00 p							

Class Locations

	Gymnasium
	3 rd Floor Cycle Studio
	3 rd Floor Barre Room
	2 nd Floor Yoga Studio

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

All classes are 60 minutes unless noted. Class descriptions on reverse side.
Child Care is available in the morning 8:30am-11:30am M-F and
in the evening 5:00pm-7:15pm M-F, 8am-11:30am Sat.

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

★ Indicates new class, time or instructor