

# September 2021 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



11 Longwell Avenue, Westminster MD 21157, 410-751-5501, [www.westminstermd.gov](http://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			<u>Cycle</u> Danielle		<u>Cycle</u> Danielle		
6:15 a		<u>Group Blast®</u> Courtney	<u>Group Power®</u> Lynette	<u>Group Blast®</u> Lynette	<u>Group Power®</u> Lynette		
8:00 a				<u>R.I.P.P.E.D.</u> Traci		<u>Group Blast®</u> Courtney	
8:15 a						<u>HIIT Cycle</u> Maggie	
8:30 a							<u>Circuit Training</u> Michelle
9:00 a	<u>Zumba</u> Alex	<u>Group Power®</u> Traci	<u>Strength &amp; Core</u> Danielle	<u>Zumba-45</u> Lisa	<u>Group Power®</u> Traci	<u>Barre</u> Alex	
	<u>HIIT Cycle</u> Maggie	<u>Cycle</u> Danielle <u>Meditation</u> Joe	<u>HIIT Cycle</u> Maggie	<u>Cycle</u> Traci	<u>HIIT Cycle</u> Maggie		
9:15 a					<u>Yoga &amp; Meditation-75</u> Cindy	<u>Tabata</u> Maggie/ Danielle/ Michelle	
10:15 a	<u>HIIT</u> Maggie	<u>Tabata</u> Maggie	<u>HIIT</u> Danielle	<u>Tabata</u> Maggie	<u>HIIT</u> Maggie	<u>Pound</u> Maureen	
	<u>Vinyasa Yoga</u> Christine	<u>TRX-45</u> Traci	<u>Power Yoga</u> Christine	<u>Slow Flow Yoga-75</u> Shawn			
1:00 p	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>		
4:00 p		<u>Strength &amp; Core</u> Maggie					
4:30 p	<u>Power Yoga</u> Christine		<u>Cycle-45</u> Teresa/Traci				
5:00 p	<u>Zumba</u> Kristy	<u>Zumba</u> Sarah	<u>Zumba Toning</u> Maureen	<u>Pound</u> Maureen			
	<u>Barre</u> Stephanie		<u>Barre</u> Stephanie				
5:30 p	<u>Cycle-45</u> Wendy						
6:00 p	<u>R.I.P.P.E.D.</u> Courtney		<u>Tabata</u> Danielle				
6:15 p	<u>Yoga</u> Karen	<u>Group Power®</u> Traci	<u>Energy Medicine Yoga</u> Karen	<u>Group Blast®</u> Courtney			
		<u>Hot Vinyasa Yoga</u> Bethany		<u>Yoga</u> Karen			
7:00 p	<u>Tabata</u> Danielle						

## Class Locations

	Gymnasium
	3 <sup>rd</sup> Floor Cycle Studio
	3 <sup>rd</sup> Floor Barre Room
	2 <sup>nd</sup> 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/W/Th/F, 4:00pm-7:15pm T, 8am-11:30am Sat.

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