

September 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		Group Blast® Courtney	Group Power® Lynette		Group Power® Lynette Cycle Danielle		
8:00 a		★ Beginner Yoga Karen		R.I.P.P.E.D. Traci		Group Blast® Courtney	
8:15 a						9/3 - HIIT Cycle , Maggie 9/10 - Cycle 45 , Maggie 9/17 - HIIT Cycle , Maggie 9/24 - Cycle 45 , Maggie	
8:30 a							Circuit Training Michelle
9:00 a	★ Strength & Core Danielle	Group Power® Traci	Strength & Core Danielle	Zumba Lisa	Group Power® Traci		
	★ Zumba Alex	Cycle Danielle		Cycle Traci	Cycle Gabby		
9:15 a					Yoga & Meditation-75 Cindy	★ Tabata 9/3, Danielle 9/10, Maggie 9/17, Danielle 9/24, Maggie	
10:15 a	HIIT Maggie	Tabata Maggie	30/30 Gabby	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-4:30 p	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball		
5:00 p	Zumba Kristy	Pop Pilates Lynette	Zumba Toning Maureen	Stability Ball - 45 Lynette			
	Barre Stephanie		★ Vinyasa Yoga Karen				
5:30 p	★ Cycle-45 Wendy	★ HIIT Cycle Maggie		HIIT Cycle Maggie			
6:00 p	Strength & Cardio ★ Circuit Courtney		Tabata Maggie	Group Blast® Courtney			
6:15 p	Yoga Lynette	Group Power® Traci					
		Vinyasa Yoga Bethany					

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

GroupFitness Class Descriptions: Sept. 2022

Barre: A totally unique workout that fuses Pilates, yoga, aerobics, and strengthening exercises. Enjoy a fun and dynamic workout to sculpt your body and give you those strong, long and beautiful muscles.

Circuit Training: A strength training, muscle-building, whole-body workout that will make you stronger and leaner.

Cycle: Grab a bike and join the ride as you climb and sprint your way through freestyle cycle. This low impact, high energy workout will build strength, cardiovascular endurance, and burn calories. This class includes heart pumping music featuring changes of speed (RPM) and intensity (resistance) without the high level of joint impact. ARRIVE 10 MINUTES EARLY IN ORDER TO SET UP YOUR BIKE. BRING A TOWEL AND WATER.

Group Blast: A great cardio alternative to walking, running or stair climbing because you do it all. Walk, jog, run, jump, plyometrics, balance drills, lateral drills, and quickness drills- all on and off the step- to exciting energetic music. With the many exercise options and the adjustability of the step, intensity is easily managed so anyone will feel successful.

Group Power: Combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

HIIT (High Intensity Interval Training): This class is a mix of circuit training, bootcamp, and TABATA style classes. All classes are a combination of cardio, strength, and core exercises for a total body workout.

HIIT Cycle: A great mix of cardio with exercises using body or free weights. This is a great High Intensity Interval Training workout that will challenge your whole body.

POP Pilates®: Where strength meets flexibility. Highly-focused movement sequences set to pop tunes for total body classic mat Pilates conditioning. Ideal cross training format to add to your resistance and cardio workouts.

Pound: Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Power Yoga: A vigorous fitness-based, Vinyasa style yoga class.

R.I.P.P.E.D.: A total body workout that incorporates cardio, free weights, and your own body weight to get results. It's all in the name, Resistance, Intervals, Power, Plyometrics, Endurance, & Diet.

Slow Flow Yoga: Helps you find the space between poses while still retaining the gentle rhythm of a flow yoga class. Slow Flow classes are a combination of Vinyasa Flow and Hatha yoga, with fewer transitions than Vinyasa yoga and more flow than Hatha yoga. All levels of Yoga practitioners can find their personal challenges, as they slowly and mindfully move through a series. Poses can be refined and strengthened, without feeling rushed into the next move, next breath, or next pose. Slow flow allows a person to become familiar with his or her body, create a reflective pause, and create the time to go inward.

Stability Ball: Train your core and a whole lot more. Focus on strength, balance, focus and flexibility.

Strength & Core: Define, develop and tone through strength training using weights, barbells, TRX and your own body weight.

Tabata: One of the most effective types of interval training. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

TRX: Suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance based tool that leverages gravity and the user's body weight to complete the exercises. FOR ALL LEVELS.

Vinyasa Yoga: Connects movement with the breath in a series of flowing yoga postures. Through awareness and intention, the flow of postures is used as a vehicle to enhance the mind/body/spirit connection. 60 or 75 minute classes.

Yoga: In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. FOR ALL LEVELS.

Zumba: A Latin and hip hop inspired choreographed dance class for a non-stop, calorie burning, high energy dance workout.

Zumba Toning: Take the Zumba party to another level by the addition of light toning sticks. This class combines the energy and rhythms of a traditional Zumba class with strength training and sculpting for a full-body workout. All levels welcome! The use of the toning sticks is always optional.