

# Jan. & Feb. 2023 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	★ <b>Beginner Cycle-45</b> Lynette starts 1/9	★ <b>Group Power®</b> Lynette	★ <b>Group Blast®</b> Courtney	★ <b>Group Power®</b> Lynette			
8:00 a		<b>Beginner Yoga</b> Karen		<b>TRX Fusion</b> Traci		<b>Group Blast®</b> Courtney	
8:15 a						<b>HIIT Cycle</b> Maggie 1/7, 1/21, 2/4, 2/18 <b>Cycle</b> , Maggie 1/14, 1/28, 2/11, 2/25	
8:30 a			★ <b>Barre Fusion</b> Colleen				<b>Circuit Training</b> Michelle
9:00 a	<b>Zumba</b> Alex	<b>Group Power®</b> Traci		<b>Zumba</b> Lisa	<b>Group Power®</b> Traci		<b>Warm Winter Vinyasa Yoga</b> Salina
9:15 a	<b>Strength &amp; Core</b> Danielle	<b>Cycle</b> Danielle	<b>Strength &amp; Core</b> Danielle	<b>Cycle</b> Traci	<b>Yoga &amp; Meditation-75</b> Cindy	<b>Tabata</b> Danielle 1/7, 1/21, 2/4, 2/18 Maggie 1/14, 1/28, 2/11, 2/25	
				<b>Cycle</b> Gabby			
10:15 a	<b>HIIT</b> Maggie	<b>Tabata</b> Maggie	<b>30/30</b> Gabby	<b>Tabata</b> Maggie	<b>HIIT</b> Maggie	<b>Pound</b> Maureen	
	<b>Vinyasa Yoga</b> Christine	<b>TRX-45</b> Traci	<b>Power Yoga</b> Christine	<b>Slow Flow Yoga-75</b> Shawn	<b>Barre</b> Gabby		
11:15		<b>Homeschool Archery</b> →		<b>Homeschool Archery</b> →			
1:00 p-4:30 p	● <b>Drop In Pickleball</b> 1pm-3pm	<b>Pick-Up Basketball</b>	● <b>Drop In Pickleball</b> 1pm-3pm	<b>Pick-Up Basketball</b>	<b>Pick-Up Basketball</b>	● Pre-registration required  To register please download the Band App on your App Store and use this link to sign up: <a href="https://www.westminstermd.gov/512/Pickleball-League">https://www.westminstermd.gov/512/Pickleball-League</a>	
	<b>Pick-Up Basketball</b> 3-4:30 pm	<b>Archery</b> 3:30-6:00pm →	<b>Pick-Up Basketball</b> 3-4:30 pm	<b>Archery</b> 3:30- 6:00pm →			
5:00 p	<b>Zumba</b> Kristy	<b>Pop Pilates-45</b> Lynette	<b>Zumba Toning</b> Maureen	★ <b>Core &amp; More-45</b> Lynette			
	<b>Barre</b> Stephanie						
5:30 p	★ <b>Cycle</b> Wendy	<b>HIIT Cycle</b> Maggie		<b>HIIT Cycle</b> Maggie			
6:00 p	<b>Strength &amp; Cardio Circuit</b> Courtney		<b>Tabata</b> Danielle	<b>Group Blast®</b> Courtney	● <b>Drop In Pickleball</b> 6pm – 8pm	● <b>Drop In Pickleball</b> 6:30pm – 8:30pm  1/7, 1/21, 2/4, 2/18 only	
6:15 p	<b>Yoga</b> Lynette	<b>Group Power®</b> Traci					
		<b>Hot Vinyasa Yoga</b> Bethany					

### 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 are on the reverse side.

Child Care is available in the morning 8:30 am-11:30 am M-F and in the evening 5:00 pm-7:15 pm M-F, 8 am-11:30 am Sat.

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

★ Indicates new class, time, or instructor.

→ ARCHERY is an already established TEAM.

Please watch for upcoming programs for public sign up.