



REVISED FOR AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
6:00 a	<u>Beginner Cycle - 45</u> Lynette	<u>Group Power®</u> Lynette	<u>Group Blast®</u> Courtney	<u>Group Power®</u> Lynette	<u>Strong Nation® - 45</u> Lynette										
8:00 a			<u>Barre Fusion - 45</u> Colleen	<u>TRX Fusion</u> Traci		<u>Group Blast®</u> Courtney									
8:15 a						<u>HIIT Cycle</u> Michelle/Chelsea									
9:00 a	<u>Zumba®</u> Alex	<u>Group Power®</u> Traci		<u>Zumba®</u> Lisa	<u>Group Power®</u> Traci		<u>Zumba®</u> Sandra								
							<u>Vinyasa Yoga</u> Salina								
9:15 a	<u>Strength & Core</u> Danielle	<u>Cycle</u> Danielle	<u>Strength & Core</u> Danielle	<u>Cycle</u> Traci	<u>Cycle</u> Gabby	<u>Tabata</u> Michelle/Danielle									
		★ <u>Slow Flow Yoga - 75</u> Shawn						<u>Yoga & Meditation - 75</u> Cindy							
10:15 a	<u>Spin & Power Flow</u> Gabby/Ali	<u>Tabata</u> Ali	<u>30/30</u> Gabby	<u>Tabata</u> Chelsea	<u>Body Weight Earthquake</u> Gabby	<u>Pound</u> Maureen/Stephanie									
	<u>Vinyasa Yoga</u> Mariam	<u>TRX</u> Traci		<u>Slow Flow Yoga - 75</u> Salina											
11:00 a		<u>Aqua Zumba - 45</u> Jen G	<u>Aqua Fitness - 45</u> Misti	<u>Aqua Zumba - 45</u> Jen G	<u>Aqua Fitness - 45</u> Misti		<u>Aqua Zumba - 45</u> Jen G 7/9, 7/23, & 8/6 ONLY								
Starts Aug. 1 at the Westminister Municipal Pool, 325 Royer Rd. Free for Fitness Center and Pool Members. Visit the BAND App for the full schedule and to sign up.															
1:00 p	<u>Drop-In Pickleball</u>	<u>Pick-Up Basketball</u>	<u>Drop-In Pickleball</u>	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>	<table border="1"> <tr> <td></td> <td>Gymnasium</td> </tr> <tr> <td></td> <td>3rd Floor Cycle Studio</td> </tr> <tr> <td></td> <td>3rd Floor Barre Room</td> </tr> <tr> <td></td> <td>2nd Floor Yoga Studio</td> </tr> </table>		Gymnasium		3 rd Floor Cycle Studio		3 rd Floor Barre Room		2 nd Floor Yoga Studio	
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3:30 p	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>													
5:00 p	<u>Zumba®</u> Kristy	<u>Pop Pilates - 45</u> Lynette	<u>Zumba Toning</u> Maureen	<u>Core & More - 45</u> Lynette											
5:30 p	<u>Cycle</u> Wendy	<u>HIIT Cycle</u> Chelsea	<u>Cycle - 45</u> Lynette												
6:00 p	<u>Strength & Cardio Circuit</u> Courtney		<u>Tabata</u> Danielle	<u>Group Blast®</u> Courtney	<u>Drop-In Pickleball</u> 6 – 8 pm										
	<u>Yoga</u> Lynette														
6:15 p		<u>Group Power®</u> Traci		<u>Vinyasa Flow Yoga</u> Kelly											
		<u>Warm Vinyasa Yoga</u> Bethany													

All classes are 60 minutes unless noted. Class descriptions are on the reverse side. Sign up on the BAND app or call 410-751-5501.

12 years of age up to 14 years old can participate in class with a parent or legal guardian.

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.

ARCHERY is an already established Team. Please watch for upcoming programs starting in June for public sign up.