

# Sept./Oct. 2023 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



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.

|         | Monday   | Tuesday                                       | Wednesday                                      | Thursday                               | Friday   | Saturday  | Sunday                  |                               |           |  |                                       |  |                                     |  |                                      |
|---------|--|---|--|--|--|---|-------------------------|-------------------------------|-----------|--|---------------------------------------|--|-------------------------------------|--|--------------------------------------|
| 6:00 a  | <b>Beginner Cycle - 45</b><br>Lynette            | <b>Group Power®</b><br>Lynette                | <b>Group Blast®</b><br>Courtney                | <b>Group Power®</b><br>Lynette         | ★ <b>Pop Pilates - 45</b><br>Lynette                   |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 8:00 a  |  |   | <b>Barre Fusion - 45</b><br>Colleen            | ★ <b>TRX Fusion</b><br>Colleen         |  | <b>Group Blast®</b><br>Courtney   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 8:15 a  |  |   |  |  |  | <b>HIIT Cycle/Cycle</b><br>★ Maggie   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 9:00 a  | <b>Zumba®</b><br>Alex                            | <b>Group Power®</b><br>Traci                  | ★ <b>Zumba®</b><br>Jen                         | <b>Zumba®</b><br>Lisa                  | <b>Group Power®</b><br>Traci                           |   | <b>Zumba®</b><br>Sandra |                               |           |  |                                       |  |                                     |  |                                      |
|         |  |   |  | <b>Slow Flow Yoga</b><br>Salina        |  |   |                         | <b>Vinyasa Yoga</b><br>Salina |           |  |                                       |  |                                     |  |                                      |
| 9:15 a  | ★ <b>Strength &amp; Core</b><br>Jen              | <b>Slow Flow Yoga - 75</b><br>Shawn           | ★ <b>Strength &amp; Core</b><br>Gabby          | ★ <b>Cycle - 45</b><br>Jen             | <b>Yoga &amp; Meditation - 75</b><br>Cindy             | ★ <b>Tabata</b><br>Michelle/Chelsea/<br>Maggie  |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         |  | ★ <b>HIIT Cycle</b><br>Chelsea                |  |  | <b>Cycle</b><br>Gabby                                  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 10:15 a | <b>Cycle</b><br>Gabby                            | ★ <b>Strength &amp; Conditioning</b><br>Sarah | <b>Cycle</b><br>Gabby                          | <b>Tabata</b><br>Chelsea               | <b>Body Weight Earthquake</b><br>(Sept. Only)<br>Gabby | <b>Pound</b><br>Maureen/<br>Stephanie   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | <b>Cardio Intervals</b><br>Ali                   |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | 30/30  |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | ★ <b>Strength Training</b><br>Gabby              |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | <b>Vinyasa Yoga</b><br>Mariam                    | <b>TRX</b><br>Traci                           | <b>Strength Training</b><br>Gabby              |  | ★ <b>Yin and Yang Yoga</b><br>(Begins in Oct.)<br>Ali  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         |  |   |  |  | ★ <b>Strength &amp; Conditioning</b><br>Sarah          |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 11:15 a |  | ● <b>Archery</b>                              |  | ● <b>Archery</b>                       |  | <b>Class Locations</b> <table border="1"> <tr> <td></td> <td>Gymnasium</td> </tr> <tr> <td></td> <td>3<sup>rd</sup> Floor<br/>Cycle Studio</td> </tr> <tr> <td></td> <td>3<sup>rd</sup> Floor<br/>Barre Room</td> </tr> <tr> <td></td> <td>2<sup>nd</sup> Floor<br/>Yoga Studio</td> </tr> </table> |                         |                               | Gymnasium |  | 3 <sup>rd</sup> Floor<br>Cycle Studio |  | 3 <sup>rd</sup> Floor<br>Barre Room |  | 2 <sup>nd</sup> Floor<br>Yoga Studio |
|         | Gymnasium  |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | 3 <sup>rd</sup> Floor<br>Cycle Studio            |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | 3 <sup>rd</sup> Floor<br>Barre Room              |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | 2 <sup>nd</sup> Floor<br>Yoga Studio             |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 1:00 p  | <b>Drop-In Pickleball</b>                        | <b>Pick-Up Basketball</b>                     | <b>Drop-In Pickleball</b>                      | ● <b>Pick-Up Basketball</b>            | <b>Pick-Up Basketball</b>                              | ★new format, class, instructor, or time.<br><br>●additional fee, must pre-register.   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 2:30 p  |  |   |  | ● <b>Archery</b>                       |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 3:30 p  | <b>Pick-Up Basketball</b>                        |   | <b>Pick-Up Basketball</b>                      |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 4:30 p  |  |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 5:00 p  | <b>Zumba®</b><br>Kristy                          | <b>Pop Pilates - 45</b><br>Lynette            | <b>Zumba Toning</b><br>Maureen                 | <b>Core &amp; More - 45</b><br>Lynette |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         |  |   | ★ <b>Barre</b><br>Stephanie                    |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 5:30 p  | <b>Cycle</b><br>Wendy                            | <b>HIIT Cycle</b><br>Chelsea                  | <b>Cycle - 45</b><br>Lynette                   |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 6:00 p  | <b>Strength &amp; Cardio Circuit</b><br>Courtney |   | ★ <b>Strength &amp; Conditioning</b><br>Dennis | <b>Group Blast®</b><br>Courtney        | <b>Drop-In Pickleball</b><br>6 – 8 pm                  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         | <b>Yoga</b><br>Lynette                           |   |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
| 6:15 p  |  | <b>Group Power®</b><br>Traci                  |  | <b>Vinyasa Flow Yoga</b><br>Kelly      |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |
|         |  | <b>Warm Vinyasa Yoga</b><br>Bethany           |  |  |  |   |                         |                               |           |  |                                       |  |                                     |  |                                      |

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.



**30/30:** 30 minutes of cycle or cardio intervals paired with 30 minutes of strength training. The perfect pairing of cardio and weight training.

**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.

**Barre Fusion:** This unique class fuses 3 popular formats; Barre Above, Mat Pilates, and gentle Yoga.

**Beginner Cycle:** For those new to cycling, an introductory class for beginners, 45 minutes.

**Body Weight Earthquake:** Full body training focuses on weight, strength, balance, mobility, and core. All fitness levels are welcome, lots of modifications and coaching given.

**Cardio Intervals:** combines circuit training, boot camp, and TABATA-style classes. All classes incorporate cardio, strength, and core exercises for a total body workout.

**Core & More:** Find your axis of power in this core-focused training. Using a variety of body-weighted movements & props such as stability balls, gliders, weights, etc., participants can enjoy a dedicated workout for increasing core strength and functional fitness.

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

**Group Blast:** 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; it is the most fun you'll have in strength training.

**HIIT Cycle:** A great mix of cardio with exercises using body or free weights. This great High-Intensity Interval Training workout 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, energizing, toning up, and rocking out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**Slow Flow Yoga:** A gently paced yoga class that strengthens and stretches the body while promoting steadiness and relaxation. Mindful attention is paid to alignment and syncing movement with the breath. ALL LEVELS.

**Strength & Cardio Circuit:** Using everything from bodyweight exercises to barbells, BOSU, sliders, and dumbbells, you will get a full body strength workout with cardio skills mixed in to stoke your metabolism and increase endurance.

**Strength & Conditioning/Strength Training:** Learn the basic strength movements working with high reps to build strength and increase cardiovascular endurance. This class will teach appropriate form for squats, presses, and deadlifts, along with bodyweight circuits, dumbbell circuits, and CrossFit-style conditioning. All workouts can be modified based on experience, age, and injury history.

**Strength & Core:** Define, develop, and tone through strength training using weights, barbells, TRX, and your 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 bodyweight 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.

**TRX Fusion:** Target upper body, lower body, and core strength using the TRX Suspension Trainer and other equipment (i.e., dumbbells, gliding discs, resistance bands, etc.) Develop strength, balance, flexibility, core stability, and cardiovascular fitness in this class for all levels.

**Vinyasa Yoga (Hot/Warm):** 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.

**Yoga & Meditation:** Cultivate mind-body integration. Class begins in seated, guided meditation—transition directly to a 1-hour alignment-based yoga asana practice.

**Yin & Yang Yoga:** Yin and Yang brings two styles of yoga together. In one class, participants will explore the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

**Zumba®:** An interval-style cardio dance fitness workout that combines Latin and World rhythms.

**Zumba® Toning:** Take the Zumba® party to another level with 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 are welcome! The use of the toning sticks is always optional.