

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

REVISED



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	Beginner Cycle - 45 Lynette	Group Power® Lynette	Group Blast® Courtney	Group Power® Lynette	★ Pop Pilates - 45 Lynette										
8:00 a			Barre Fusion - 45 Colleen	★ TRX Fusion Colleen		Group Blast® Courtney									
8:15 a						HIIT Cycle/Cycle Michelle/Chelsea/ ★ Maggie									
9:00 a	Zumba® Alex	Group Power® Traci	★ Zumba® Jen	Zumba® Lisa	Group Power® Traci		Zumba® Sandra								
				Slow Flow Yoga Salina				Vinyasa Yoga Salina							
9:15 a	★ Strength & Core Jen	Slow Flow Yoga - 75 Shawn Ends 10/3	★ Strength & Core Gabby	★ Cycle - 45 Jen	Yoga & Meditation - 75 Cindy	★ Tabata Michelle/Chelsea/ Maggie									
		★ HIIT Cycle Chelsea			Cycle Gabby										
10:15 a	Cycle Gabby	★ Strength & Conditioning Sarah	Cycle Gabby	Tabata Chelsea	Body Weight Earthquake (Sept. Only) Gabby ★ Yin and Yang Yoga (Begins in Oct.) Ali	Pound Maureen/ Stephanie									
	Cardio Intervals Ali														
	30/30														
	★ Strength Training Gabby	TRX Traci	Strength Training Gabby												
	Vinyasa Yoga Mariam	Slow Flow Yoga 5 ★ Shawn Starts 10/10			Strength & Conditioning ★ Sarah										
11:15 a		● Archery		● Archery		Class Locations <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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1:00 p	Drop-In Pickleball	Pick-Up Basketball	Drop-In Pickleball		Pick-Up Basketball										
2:30 p				● Archery											
3:30 p	Pick-Up Basketball		Pick-Up Basketball												
4:30 p															
5:00 p	Zumba® Kristy	Pop Pilates - 45 Lynette	Zumba Toning Maureen	Core & More - 45 Lynette											
			★ Barre Stephanie												
5:30 p	Cycle Wendy	HIIT Cycle Chelsea	Cycle - 45 Lynette												
6:00 p	Strength & Cardio Circuit Courtney		★ Strength & Conditioning Dennis	Group Blast® Courtney	Drop-In Pickleball 6 – 8 pm										
	Yoga Lynette														
6:15 p		Group Power® Traci		Vinyasa Flow Yoga Kelly											
		Warm Vinyasa Yoga 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.