

Nov./Dec. 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	<u>Beginner Cycle - 45</u> Lynette	<u>Group Power®</u> Lynette	<u>Group Blast®</u> Courtney	<u>Group Power®</u> Lynette	<u>Pop Pilates - 45</u> Lynette										
7:00 a															
8:00 a				<u>TRX Fusion</u> Colleen		<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>Slow Flow Yoga</u> Salina				<u>Vinyasa Yoga</u> Salina							
9:15 a	<u>Strength & Core</u> Jen	<u>HIIT Cycle</u> Chelsea	<u>Strength & Core</u> Gabby	<u>Cycle - 45</u> Jen	<u>Yoga & Meditation - 75</u> Cindy	★ <u>Tabata</u> Michelle/Aria									
					<u>Cycle</u> Gabby										
10:15 a	<u>Vinyasa Yoga</u> Mariam	<u>Slow Flow Yoga</u> Shawn	<u>Cycle</u> Gabby	<u>Tabata</u> Chelsea	<u>Yin and Yang Yoga</u> Ali	<u>Pound</u> Maureen/ Stephanie									
		<u>TRX Fusion</u> Traci			<u>Strength & Conditioning</u> Sarah										
	<u>Cycle</u> Gabby 30/30	<u>Cardio Intervals</u> Aria ★													
10:45 a	<u>Strength Training</u> Gabby		<u>Strength Training</u> Gabby												
11:15 a		● <u>Archery</u>		● <u>Archery</u>		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	<u>Drop-In Pickleball</u> 1-3 pm		<u>Drop-In Pickleball</u> 1-3 pm		<u>Pick-Up Basketball</u>	★ new format, class, instructor, or time. ● additional fee, must pre-register.									
3:30 p	<u>Pick-Up Basketball</u>	● <u>Archery</u>	<u>Pick-Up Basketball</u>	● <u>Archery</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>Barre</u> Stephanie												
6:00 p	<u>Strength & Cardio Circuit</u> Courtney		★ <u>Strength & Conditioning</u> Aria (starts 11/15)	<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													

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.