

# FEBRUARY 2024 - WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE & DESCRIPTIONS

**SELF-REGISTRATION REQUIRED** in the BAND app or online so your dedicated instructors know who they are planning for based on our capacity limits and equipment resources, and so you receive waitlist and schedule change/cancellation notifications.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
<b>Strength &amp; Core</b> 9:15-10:15a Danielle	<b>Group Power®</b> 6-7a Lynette	<b>Group Blast®</b> 6-7a Courtney	<b>Group Power®</b> 6-7a Lynette	★ <b>Circl Mobility™</b> 6-7a Lynette	<b>Group Blast®</b> 8-9a Courtney	<b>Zumba®</b> 8-9a Sandra								
	<b>Group Power®</b> 9-10a Traci	<b>Gentle Yoga</b> 8:15-9:15a Shawn	<b>TRX Fusion</b> 8:15-9a Jen	<b>Group Power®</b> 9-10a Traci	<b>HIIT Cycle</b> 8:15-9 :15a Michelle/ Chelsea	<b>Pickleball Lessons</b> 8:30-10a								
		★ <b>Aerial Yoga</b> 9-10a Misti	<b>Zumba®</b> 9-10a Lisa	<b>Yoga &amp; Meditation</b> 9:15-10:30a Cindy		<b>Tabata</b> 9:15-10 :15a Michelle/ Aria	<b>Vinyasa Yoga</b> 9-10a Salina							
			<b>Slow Flow Yoga</b> 9-10a Salina											
<b>Shockwave</b> 9:15-10a Traci	<b>HIIT Cycle</b> 9:15-10:15a Chelsea	<b>Strength &amp; Core</b> 9:15-10:15a Danielle	<b>Cycle</b> 9:15-10a Jen	<b>Cycle</b> 9:15-10:15a Gabby	<b>Shockwave</b> 9:15-10a Jen	<b>Barre</b> 9:15-10a Colleen								
<b>Vinyasa Yoga</b> 10:15-11:15a Mariam	<b>Slow Flow Yoga</b> 10:15-11:15a Shawn	<b>Cycle</b> 10:15-10:45a Gabby  30/30	<b>Tabata</b> 10:15-11:15a Chelsea	<b>Yin &amp; Yang Yoga</b> 10:15-11:15a Ali	<b>Pound®</b> 10:15-11:15a Maureen/ Stephanie	<b>Yoga Fusion</b> 10:15-11a Colleen								
<b>Stick Mobility®</b> 10:15-11a Tracy	<b>TRX Fusion</b> 10:15-11:15a Traci	<b>Strength Training</b> 10:45-11:15a Gabby				<b>Pickleball Lessons</b> ● 11:30a-12:30p	<b>Open Gym</b> 10:30a-1p							
★ <b>Tabata</b> 10:15-11:15a Aria	★ <b>Strength &amp; Conditioning</b> 10:15-11:15a Aria				★ <b>Strength &amp; Conditioning</b> 10:15-11:15a Aria	<b>Pickleball Lessons</b> ● 7:15-9:15p								
	● <b>Archery</b> 11:15a-6p		● <b>Archery</b> 11:15a-6p		<div style="text-align: center;"> <b>Class Locations</b> <table border="1" style="margin: 0 auto;"> <tr> <td style="width: 20px; height: 20px; background-color: #fff9c4;"></td> <td>Gymnasium</td> </tr> <tr> <td style="width: 20px; height: 20px; background-color: #bbdefb;"></td> <td>3<sup>rd</sup> Floor Cycle Studio</td> </tr> <tr> <td style="width: 20px; height: 20px; background-color: #ffe0b2;"></td> <td>3<sup>rd</sup> Floor Barre Studio</td> </tr> <tr> <td style="width: 20px; height: 20px; background-color: #e2efda;"></td> <td>2<sup>nd</sup> Floor Yoga Studio</td> </tr> </table> <p>★ Celebrating a schedule change or new format/instructor.</p> <p>● Additional program fee, must pre-register in ACTIVENet.</p> <p>WESTMINSTER FAMILY FITNESS CENTER</p> <p>Stay Connected with us!</p> <p> @WestminsterRec</p> <p> @westminster_fam_fitness_center</p> </div>			Gymnasium		3 <sup>rd</sup> Floor Cycle Studio		3 <sup>rd</sup> Floor Barre Studio		2 <sup>nd</sup> Floor Yoga Studio
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<b>Drop-In Pickleball</b> 11:30a-1:30p		<b>Drop-In Pickleball</b> 11:30a-1:30p		<b>Open Gym</b> 12-5p										
<b>Open Gym</b> 2-5p		<b>Open Gym</b> 2-5p												
<b>Zumba®</b> 5-6p Kristy	<b>Shockwave</b> 5-5:45p Traci	<b>Zumba Toning®</b> 5-6p Maureen	<b>Stick Mobility®</b> 5-5:45p Tracy	<b>Drop-In Pickleball</b> 5-7p										
	<b>Pilates Fusion</b> 5-5:45p Lynette	<b>Barre</b> 5-6p Stephanie	<b>Pilates Fusion</b> 5-5:45p Lynette											
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Youth ages 12 - 14 can participate in group fitness classes with a parent or legal guardian.

Childcare is available for youth ages 11 and under Monday - Friday 8:30 - 11:30a & 5:00 - 7:15p, as well as 8a - 11:30a on Saturdays.

## FEBRUARY 2024 - WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS CLASS DESCRIPTIONS

**SELF-REGISTRATION REQUIRED in the BAND app or online so your dedicated instructors know who they are planning for based on our capacity limits and equipment resources, and so you receive waitlist and schedule change/cancellation notifications.**

**AERIAL YOGA:** Enhance your yoga practice as you explore the transition of grounded poses to being suspended and supported by a hammock to stretch, invert, and fly - as you feel comfortable. Participants will learn aerial wraps and postures to create proper alignment and to build confidence for a positive and empowering experience. Please arrive 5-10 minutes early to allow time to customize your hammock height. For your protection and support, wear a tight-fitting t-shirt with sleeves, as well as tight-fitting long pants that cover the knees - no socks are worn during class. Avoid wearing clothing with zippers or ties, jewelry, hair clips, and long nails to prevent damaging the hammock. Refrain from wearing oils, perfumes, and lotion so they do not get absorbed in the hammock. It is recommended to avoid eating 2 hours before class (especially acidic foods/drinks) and no chewing gum during class. Please note aerial yoga would NOT be recommended for anyone with a history of motion sickness, vertigo, high blood pressure or is currently pregnant.

**BARRE:** Enjoy a low-impact, ballet-inspired workout that fuses a variety of pilates, yoga, and full-body muscle endurance strength exercises. You will see improvement in your posture, flexibility, strength, and balance from this training method. No dance experience necessary.

**CIRCL MOBILITY™:** Move stronger, release tension, and unlock your body's potential! Based on the science of functional movement, this class focuses on flexibility, breathwork, core stabilization, and mobility exercises.

**CYCLE:** This low-impact, high-energy freestyle cycle format features changes in speed (RPM) and intensity (resistance) planned to challenge and improve your cardiovascular endurance. Please arrive 10 minutes early for bike set-up. Also, consider our **30/30** format, which includes 30 minutes of cycle, followed by 30 minutes of strength training.

**GENTLE YOGA:** Practice postures that focus on balance, flexibility, and relaxation with an emphasis on simplicity, and ease of movement.

**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:** Traditional strength exercises combined with effective functional training moves to make you fitter and stronger by using an adjustable barbell and your own body weight. 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 and it simply is the most fun you'll have strength training.

**HIIT (High Intensity Interval Training) CYCLE:** Cross-train with this combination of alternating cardio on the bike and strength exercises off the bike.

**PILATES FUSION:** Explore contemporary mat pilates exercises with the incorporation of prop(s) for a full-body workout designed to promote core stability, muscular strength, endurance, and flexibility.

**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.

**SHOCKWAVE:** Push your limits with this full-body, cross-training program featuring low-impact cardio drills on the water rower and athletic challenges off the water rower to improve both muscular strength and endurance.

**SLOW FLOW YOGA:** Enjoy this gently paced yoga class designed to strengthen and stretch the body, while promoting steadiness and relaxation. Mindful attention is paid to alignment and syncing movement with the breath.

**STICK MOBILITY:** Discover the effectiveness of active stretching techniques and isometric full-body strength drills to mobilize joints for better flexibility, coordination, and balance. Using custom-designed mobility sticks as tools for a simple way to improve range of motion, muscle activation, and body awareness to build a strong foundation for better movement that is safe and scalable for everyone!

**STRENGTH & CONDITIONING:** Learn proper form for foundational exercises in a high rep workout to build strength, along with bodyweight and dumbbell circuits for additional full-body conditioning.

**STRENGTH & CORE:** Develop and improve muscular strength and endurance using a variety of equipment carefully planned by your instructor.

**TABATA:** This training protocol features 20-second high-intensity intervals of exercise, followed by 10 seconds of rest, repeated eight times giving you time to perfect each move, increase lean muscle mass, and boost metabolism!

**TRX FUSION:** Develop strength, balance, flexibility, and core stability simultaneously using the TRX Suspension Trainer in this circuit style format that incorporates other functional training equipment carefully selected by your instructor.

**VINYASA YOGA:** Connect movement with breath in a series of flowing yoga postures with awareness and intention to enhance the mind-body-spirit connection.

**YOGA FUSION:** Explore traditional body weight strength poses with the incorporation of another piece of equipment to challenge muscular endurance and improve bone density to compliment balance and flexibility training.

**YOGA & MEDITATION:** Begin in a seated, guided meditation then transition to a 1-hour alignment-based yoga asana practice.

**YIN & YANG YOGA:** Yin and Yang brings two styles of yoga together. 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.

**SELF-REGISTRATION REQUIRED – Scan the QR code to get started!**

