

MARCH 2025 - WESTMINSTER FAMILY FITNESS CENTER SCHEDULE

SELF-REGISTRATION REQUIRED in the free BAND app 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					
Shockwave 8:15 - 9a Traci	Group Power® 6 - 7a Lynette 3/4 & 3/18	Group Blast® 6 - 7a Courtney	Group Power® 6 - 7a Lynette	★ SPRINTervals 8 - 8:45a Jen	Group Blast® 8 - 9a Courtney *no class 3/8	Zumba® 8 - 9a Sandra					
Strength Training 9 - 10a Jen	★ SPRINTervals 6 - 6:45a Lynette 3/11 & 3/25	Gentle Yoga 8:15 - 9:15a Shawn	TRX® Fusion 8:15 - 9:15a Jen	Group Power® 9 - 10a Traci	Cycle 8:15 - 9a Jen / Angela	Strength & Conditioning 8:15 - 9:15a Aria / Colleen					
	Group Power® 9 - 10a Traci	Strength Training 9 - 10a Jen	★ Slow Flow Yoga 8:15 - 9:15a Mariam / Salina	Gentle Yoga 9 - 10a Cindy *no class 3/21	Shockwave 9:15 - 10a Jen	Creating Your Calm Workshop ★ 8:30 - 10a Lynette 3/2					
Shockwave 9:15 - 10a Traci	Pilates Fusion 9:15 - 10a Tracy	Yoga Fusion 10:15 - 11:15a Mariam	Zumba® 9 - 10a Lisa	Cycle 9:15 - 10a Gabe	Pound® 9:15 - 10:15a Maureen / Stephanie *no class 3/8	★ Slow Flow Yoga 9 - 10a Salina *no class 3/2					
★ Gentle Yoga & Acupuncture 10:15 - 11:15a Misti & Emma 3/17	HIIT Cycle 9:15 - 10:15a Chelsea		Aerial Yoga 10:15 - 11:15a Misti	Yin Yoga 10:15 - 11:15a Katie	Restorative Yoga ★ 10:15 - 11:15a Katie	Barre Above® 9:15 - 10a Colleen / Maureen					
Restorative Yoga 10:15 - 11:15a Mariam *no class 3/17		TRX® Fusion 10:15 - 11:15a Traci	Tabata 10:15 - 11:15a Chelsea	Aerial Yoga 10:15 - 11:15a Misti	Tabata 10:15 - 11:15a Aria	Open Gym 10:30a - 12:45p	★ Aerial Yoga 10:15 - 11:15a Lynette / Salina 3/2 & 3/22				
Mobility Training 10:15 - 11a Tracy	Circuit Training 10:15 - 11:15a Aria	★ Aerial Yoga & Acupuncture 10:15 - 11:15a Misti & Emma 3/26	Circuit Training 10:15 - 11:15a Aria	Open Gym 11:30a - 4:15p	Pickleball Lessons 9:30a - 12:45p						
Adaptive Rec Fit & Fun 11:30a - 12p Melanie	Archery 11:30a - 6p Tina	Adaptive Rec Fit & Fun 11:30a - 12p Melanie	Archery 11:30a - 6p Tina	Aerial Yoga ★ 5 - 6p Lynette 3/7 & 3/28		<div style="text-align: center;"> Class Locations <table border="1" style="margin: 0 auto; border-collapse: collapse;"> <tr><td style="background-color: #d3d3d3;">3rd Floor Cycle Studio</td></tr> <tr><td style="background-color: #fff2cc;">3rd Floor Barre Studio</td></tr> <tr><td style="background-color: #d3d3d3;">2nd Floor Yoga Studio</td></tr> <tr><td style="background-color: #fff2cc;">2nd Floor Gymnasium</td></tr> <tr><td style="background-color: #d3d3d3;">1st Floor Fitness Center</td></tr> </table> </div>		3 rd Floor Cycle Studio	3 rd Floor Barre Studio	2 nd Floor Yoga Studio	2 nd Floor Gymnasium
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3 rd Floor Barre Studio											
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1 st Floor Fitness Center											
Drop-In Pickleball 12:15 - 2:15p	★ Pilates Fusion 4 - 4:45p Lynette	Drop-In Pickleball 12:15 - 2:15p	Restorative Yoga & Massage 5:15 - 6:30p Katie & Sammy 3/21	Drop-In Pickleball 5 - 7p *skip 3/28	<div style="text-align: center;"> <p>★ Celebrating a schedule change</p> <p>● Additional program fee, must pre-register in ACTIVENet.</p> <p>WESTMINSTER FAMILY FITNESS CENTER</p> <p>Stay Connected with us!</p> <p>Facebook @WestminsterRec</p> <p>Instagram @westminster_fam_fitness_center</p> </div>						
Open Gym 2:30 - 4:30p		Zumba® 5 - 5:45p Lynette					Open Gym 2:30 - 4:30p	Zumba Toning® 5 - 5:45p Maureen			
Cycle 5 - 5:45p Angela	Shockwave 5 - 5:45p Colleen	Barre Above® 5 - 5:45p Stephanie	Mobility Training ★ 4 - 4:45p Misti	Parents Night Out ★ 5 - 9p 3/28	<div style="text-align: center;"> <p>● Additional program fee, must pre-register in ACTIVENet.</p> <p>WESTMINSTER FAMILY FITNESS CENTER</p> <p>Stay Connected with us!</p> <p>Facebook @WestminsterRec</p> <p>Instagram @westminster_fam_fitness_center</p> </div>						
Group Blast® 6 - 7p Courtney	SPRINTervals 5 - 5:45p Chelsea	Yin Yoga 6 - 7p Tracy	Pilates Fusion ★ 5 - 5:45p Lynette								
★ Partner Yoga 6 - 7p Lynette 3/17	Group Power® 6 - 7p Barb	Strength & Conditioning 6 - 7p Aria *no class 3/19	Group Power® 6 - 7p Courtney	Pickleball Lessons 7:15 - 9:15p	<div style="text-align: center;"> <p>● Additional program fee, must pre-register in ACTIVENet.</p> <p>WESTMINSTER FAMILY FITNESS CENTER</p> <p>Stay Connected with us!</p> <p>Facebook @WestminsterRec</p> <p>Instagram @westminster_fam_fitness_center</p> </div>						
Stability Ball 6 - 6:45p Lynette *no class 3/17	Vinyasa Yoga 6 - 7p Bethany	Pickleball Lessons 7:15 - 9:15p	Pickleball Lessons 7:15 - 9:15p								

MARCH 2025 - WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS CLASS DESCRIPTIONS

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. Please arrive 5 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. 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 ABOVE®: 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.

CIRCUIT TRAINING: Mix up your fitness routine with fun, high-energy strength and cardio circuit stations, using a variety of equipment carefully selected by your instructor.

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 a few minutes early for bike set-up.

GENTLE YOGA: Practice postures that focus on balance and flexibility with an emphasis on simplicity and ease of movement with calming breathwork and guided meditation.

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.

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

MOBILITY TRAINING: Discover the effectiveness of myofascial release, active stretching techniques, and isometric full-body strength drills to mobilize joints and release muscular tension for optimal recovery and a strong foundation for better movement that is safe and scalable for everyone!

PARTNER YOGA: This interactive, shared-yoga experience will teach each participant how to support their partner in poses to enhance the postures and build trust and communication.

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.

RESTORATIVE YOGA - Build a greater sense of inner peace with this gentle, slow-paced practice that is designed to help you unwind, reduce stress, and promote healing.

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.

SPRINTervals: Boost your fitness level by alternating sprint-intensity intervals using our Matrix cardio equipment and strength building movements in the fitness center to optimize your time and results! All fitness levels welcome!

STABILITY BALL: Train your body for everyday activities and make daily movement easier and safer with this functional fitness focused class incorporating the stability ball.

STRENGTH & CONDITIONING: Enjoy physical training that combines exercises that increase strength, power, speed, endurance, and agility.

STRENGTH TRAINING: Learn various strength training protocols and develop proper form for each exercise, while tracking your performance and success!

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 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 complement balance and flexibility training.

YIN YOGA: Explore slower, meditative variations of poses held for an extended length of time with various props targeting your deep connective tissues (ligaments, tendons, and fascia) to reduce stress, increase circulation, improve flexibility, and promote mindfulness. Yin yoga is meant to nourish and rejuvenate us, balancing the Yang (higher energy exercise and activity) in our lives.

ZUMBA®: An interval-style cardio dance fitness workout that combines latin and world rhythms.

ZUMBA® TONING: Take your Zumba® party to the next level with the addition of light toning sticks.