

# October 2021 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



11 Longwell Avenue, Westminster MD 21157, 410-751-5501, [www.westminstermd.gov](http://www.westminstermd.gov) The Mission of the Westminster Family Center's Group Fitness Team: To provide a safe and enjoyable environment for people of all ages and fitness levels by providing a variety of aerobic, strength training and mind body classes taught by Nationally Certified Instructors. **12 years of age up to 14 years old can participate in class with a parent or legal guardian.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a			<b>Cycle</b> Danielle		<b>Cycle</b> Danielle		
6:15 a		<b>Group Blast®</b> Courtney	<b>Group Power®</b> Lynette	<b>Group Blast®</b> Lynette	<b>Group Power®</b> Lynette		
8:00 a				<b>R.I.P.P.E.D.</b> Traci		<b>Group Blast®</b> Courtney	
8:15 a						<b>HIIT Cycle</b> Maggie	
8:30 a							<b>Circuit Training</b> Michelle
9:00 a	<b>Zumba</b> Alex	<b>Group Power®</b> Traci	<b>Strength &amp; Core</b> Danielle	<b>Zumba-45</b> Lisa	<b>Group Power®</b> Traci	<b>Barre</b> Alex	
	<b>HIIT Cycle</b> Maggie	<b>Cycle</b> Danielle <b>Meditation</b> Joe	<b>HIIT Cycle</b> Maggie	<b>Cycle</b> Traci	<b>HIIT Cycle</b> Maggie		
9:15 a					<b>Yoga &amp; Meditation-75</b> Cindy	<b>Tabata</b> Maggie/ Danielle/ Michelle	
10:15 a	<b>HIIT</b> Maggie	<b>Tabata</b> Maggie	<b>HIIT</b> Danielle	<b>Tabata</b> Maggie	<b>HIIT</b> Maggie		<b>Pound</b> Maureen
	<b>Vinyasa Yoga</b> Christine	<b>TRX-45</b> Traci	<b>Power Yoga</b> Christine	<b>Slow Flow Yoga-75</b> Shawn			
1:00 p	<b>Pick-Up Basketball</b>	<b>Pick-Up Basketball</b>	<b>Pick-Up Basketball</b>	<b>Pick-Up Basketball</b>	<b>Pick-Up Basketball</b>		
4:30 p	<b>Power Yoga</b> Christine		<b>Cycle-45</b> Teresa/Traci				
5:00 p	<b>Zumba</b> Kristy	<b>Zumba</b> Sarah	<b>Zumba Toning</b> Maureen	<b>Pound</b> Maureen			
	<b>Barre</b> Stephanie		<b>Barre</b> Stephanie				
5:30 p	<b>Cycle-45</b> Wendy						
6:00 p	<b>R.I.P.P.E.D.</b> Courtney		<b>Tabata</b> Danielle				
6:15 p	<b>Yoga</b> Karen	<b>Group Power®</b> Traci	<b>Energy Medicine Yoga</b> Karen	<b>Group Blast®</b> Courtney			
		<b>Hot Vinyasa Yoga</b> Bethany					
7:00 p	<b>Tabata</b> Danielle						

### Class Locations

	Gymnasium
	3 <sup>rd</sup> Floor Cycle Studio
	3 <sup>rd</sup> Floor Barre Room
	2 <sup>nd</sup> Floor Yoga Studio

**All Classes - SIGN UP AT THE FRONT DESK NO MORE THAN 48 HOURS IN ADVANCE 410-751-5501**

All classes are 60 minutes unless noted. Class descriptions on reverse side. Child Care is available in the morning 8:30am-11:30am M-F and in the evening 5:00pm-7:15pm M-F, 8am-11:30am Sat.

Schedule is subject to change EACH MONTH based on class participation.