

June 2022 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



11 Longwell Avenue, Westminster MD 21157, 410-751-5501, 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			Cycle Danielle		Cycle Danielle		
6:15 a		Group Blast® Courtney	Group Power® Lynette		Group Power® Lynette		
8:00 a	Strength & Core Danielle			R.I.P.P.E.D. Traci		Group Blast® Courtney	
8:15 a						HIIT Cycle Michelle	
8:30 a							Circuit Training Michelle
9:00 a	Zumba Alex	Group Power® Traci	Strength & Core Danielle	Zumba-45 Lisa	Group Power® Traci		
	HIIT Cycle Maggie	Cycle Danielle Beginner Yoga Karen M		Cycle Traci	Cycle Gabby		
9:15 a					Yoga & Meditation-75 Cindy	Tabata Danielle/Michelle	
10:15 a	HIIT Maggie	Tabata Maggie	30/30 Gabby	Tabata Maggie	HIIT Maggie	Pound Maureen	
	Vinyasa Yoga Christine	TRX-45 Traci	Power Yoga Christine	Slow Flow Yoga-75 Shawn	Barre Gabby		
1:00 p-4:30 p	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball		
5:00 p	Zumba Kristy	Pop Pilates Lynette	Zumba Toning Maureen	Stability Ball - 45 Lynette			
	Barre Stephanie						
5:30 p	HIIT Cycle Maggie	Cycle-45 Wendy	HIIT Cycle Michelle				
6:00 p	R.I.P.P.E.D. Courtney				Group Blast® Courtney		
6:15 p	Flow/Yin Yoga Nicole	Group Power® Traci	Yoga Nicole				
		Hot Vinyasa Yoga Bethany					

Class Locations

	Gymnasium
	3 rd Floor Cycle Studio
	3 rd Floor Barre Room
	2 nd 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.

★ Indicates new class, time, or instructor