

May/June 2023 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



REVISED for June

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
6:00 a	Beginner Cycle - 45 Lynette	Group Power® Lynette	Group Blast® Courtney	Group Power® Lynette	Strong Nation® - 45 ★ Lynette BEGINS MAY 19										
8:00 a		Yoga Karen ENDS JUNE 6	Barre Fusion - 45 Colleen	TRX Fusion Traci		Group Blast® Courtney									
8:15 a						★ HIIT Cycle Michelle/Chelsea									
8:30 a															
9:00 a	Zumba® Alex	Group Power® Traci		Zumba® Lisa	Group Power® Traci		★ Zumba® Sandra								
							Vinyasa Yoga Salina								
9:15 a	Strength & Core Danielle	Cycle Danielle	Strength & Core Danielle	Cycle Traci	Cycle Gabby	★ Tabata Michelle/Danielle									
					Yoga & Meditation - 75 Cindy										
10:15 a	★ Spin & Power Flow Gabby/Ali	★ Tabata Ali	30/30 Gabby	★ Tabata Chelsea		Pound Maureen/ Stephanie									
	Vinyasa Yoga Mariam	TRX - 45 Traci	Power Yoga Mariam	Slow Flow Yoga - 75 Shawn	★ Body Weight Earthquake Gabby										
10:30 a					BaDuanJn QiGong Cindy										
11:00 a - 11:45 a		Aqua Zumba - 45 ☀️ Jen G	Aqua Fitness - 45 ☀️ Misti	Aqua Zumba - 45 ☀️ Jen G	Aqua Fitness - 45 ☀️ Misti										
☀️ Starts May 30 at the Westminster Municipal Pool, 325 Royer Rd. Free for Fitness Center and Pool Members. Visit the BAND App for the full schedule and to sign up.															
11:15 a		Archery		Archery											
1:00 p - 4:30 p	Drop-In Pickleball 1-3 pm	Pick-Up Basketball 12:30-4 pm	Drop-In Pickleball 1-3 pm	Pick-Up Basketball 12:30-4 pm	Pick-Up Basketball 12:30 - 4:30 pm	<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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	Pick-Up Basketball 3-4:30 pm	Archery 4-6 pm	Pick-Up Basketball 3-4:30 pm	Archery 4-6 pm											
5:00 p	Zumba® Kristy	Pop Pilates - 45 Lynette	Zumba Toning Maureen	Core & More - 45 Lynette	● Drop-In Pickleball Two Sessions 5 - 7 pm 7 - 9 pm	To register please download the Band App on your App Store and use this link to sign up: https://www.westminstermd.gov/512/Pickleball-League									
5:30 p	Cycle Wendy	★ HIIT Cycle Chelsea													
6:00 p	Strength & Cardio Circuit Courtney		Tabata Danielle	Group Blast® Courtney		● Drop-In Pickleball 6:30 - 8:30 pm 5/13, 5/27, 6/10, 6/24 only									
	Yoga Lynette														
6:15 p		Group Power® Traci	Vinyasa Flow Yoga Kelly												
		HOT Vinyasa Yoga Bethany													

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.

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.

ARCHERY is an already established Team. Please watch for upcoming programs starting in June for public sign up.