



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WESTSIDE FITNESS SCHEDULE

SESSION

FALL 2: Oct. 23rd - Dec. 17th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Group Cycle (45) Joy - Cycle studio				Group Cycling (45) Joy- Cycle Studio		
					**Strength Train Together (60) Jess-Lg Studio		
5:30am			Group Cycle (45) Ann- Cycle Studio				
5:45am	Extreme Body (60) Jill-Lg. Studio	Fast and Furious (45) Anna - Lg. Studio	Extreme Body (60) Jill-Lg. Studio	Fast and Furious (45) Anna-Lg. Studio	Yoga Stretch (60) Anna -Sm. Studio		
		**Strength & Flex (60) Ken - Sm. Studio		**Strength & Flex (60) Ken-Sm. Studio			
6:00am	**Step & Sculpt (45) Bill-Sm Studio		**Step & Sculpt (45) Angie-Sm. Studio		6am HIIT (30) Megan-FFA		
6:30am			Tabata Express (30) Todd- FFA				
7:05am						**Strength & Flex (60) Ken- SM. Studio	
7:45am					6:30am Core (30) Megan-FFA	**Weight Works Barbara- Lg. Studio	
8:00am				Yogalates(60) Bill -Sm. Studio		Group Cycling (45) Anna-Cycle Studio	
8:20am	Muscle Fit (60 ) Laura-Lg. Studio	8:15am Guts & Butts (60) John - Sm. Studio	Muscle Fit (60) Laura-Lg. Studio			Suspension TRX (45) Johnny- Sm. Studio	
8:30am	Enhance Fit (60) Chris-Sm. Studio	Fit & Fabulous (50) Crystal-Lg. Studio	Enhance Fit (60) Chris-Sm. Studio	Fit & Fabulous (50) Crystal-Lg. Studio	Enhance Fit (60) Chris-Sm. Studio		
	**Arthritis Aquatics (60) Lori-Pool		**Arthritis Aquatics (60) Lori-Pool				
8:45am					Group Cycling (45) Candice- Cycle Studio	RIPPED -(60) Patty/Barb- Lg. Studio	
9:00am		** Water Workout Deb- Pool (60)		** Water Workout Deb- Pool (60)		Group Cycling (45) Barbara -Cycle Studio	
				**Tai Chi (60) Ken - Sm. Studio		Pilates Matwork (45) Elis-Sm Studio 9:10am	
9:15am						Circuits (45) Lisa -FFA	
9:30am	**Step (60) Joy - Lg. Studio	Kettlebell (30) John - Lg Studio	**Step (60) Patty-Lg. Studio		**Step & Sculpt (60) Patty-Lg. Studio		
	Group Cycle (45) Carmella- Cycle studio		Group Cycle (30) Laura-Cycle Rm		Flex Class (30) Candice - Sm. Studio		
9:40am	Forever Young (50) John Sm. Studio		Forever Young (50) John Sm.- Studio			Suspension TRX (45) Georganne-Sm Studio	
10:00am	Turning Point Advance (60) Kate- FFA	Y- Barre (60) Patty - Sm. Studio		Yoga Flow (60) Meena- Sm. Studio		**Core (30) Various- Lg. Studio	
		Turning Point - (60) Kathy - Lg. Studio		Turning Point (60) Kathy - Lg. Studio	Turning Point Yoga (60) Melissa - Sm. Studio		
				Learn to Quilt (120) Alicia - Conference Room		**Kids Karate (45) Rick-Lg. Studio	
10:30am	**Core (30) Joy - Lg. Studio		**Core (30) Patty- Lg. Studio				
					**Core (30) Patty- Lg. Studio	Yoga - (60) Meena - Sm. Studio	
11:00am	Yogalates (60) Bill Sm. Studio	**Core - (30) Patty - Sm Studio					



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11:15am	**Silver Sneakers (60) Kathy - Lg. Studio	**Silver Sneakers (60) Bill - Lg Studio	** Silver Sneakers (60) Gary - Lg. Studio	**Silver Sneakers (60) Bill -Lg. Studio		**Adult Katate (60) Rick-Lg. Studio	
11:45am							
12:15pm		**Silver Sneaker Yoga (30) Bill - Lg. Studio		**Silver Sneaker Yoga (30) Bill-Lg. Studio			
2:00pm							Zumba (60) Amanda Lg. Studio
3:00pm		**Arthritis Aquatics (60) Lori - Pool		**Arthritis Aquatics (60) Lori - Pool			
3:10pm							Yoga Flow - (60) Sara - Sm. Studio
4:30pm	**Strength Train Together (60) Carolyn - Lg. Studio	**WAKS (60) Larisa - Sm Studio	**Weight Works (60) Donna -Lg. Studio	**WAKS (60) Larisa - Lg. studio			
4:40pm		Ad. Athletic Con. (60) JJ- Lg. Studio		Ad. Athletic Con. (60) JJ- FFA			
5:15pm	Suspension Beginner (45)Johnny - Sm Studio						
5:30pm			Group Cycle (45) Stephaine - cycle room				
5:40pm	**Step & Sculpt (50) Barb - Lg. Studio		**Step & Sculpt (50) Barb - Lg. Studio				
5:45pm		**Strength Train Together (60) Lawrence—Lg Studio		Zumba Toning - (60) Amanda - Lg. Studio			
6:00pm	Martial Arts I (30) JR-Sm. Studio	HIIT Yoga (45) Candice - Learning Center	Ease into Yoga (60) Bill -Sm. Studio	Yoga YIN Restorative (90) Meena - Sm. Studio			
	Group Cycle (45) Cyrstal -Cycle room						
6:30pm	**Core (30) Barb -Lg. Studio		**Core - (30) Barb - Lg. studio				
	Tabata Bootcamp (60) Todd - FFA						
	Martial Arts II (30) JR-Sm. Studio		Martial Arts II - (30) JR- Conference Room				
6:50pm		Zumba (60) Amanda - Lg. Studio					
7:00pm	Martial Arts 16+ (60) JR - Lg. Studio		Cycle Bootcamp (90) Andrej -Cycle Room				
	**Water Aerobics (60) Deb - Pool		**Water Aerobics (60) Deb - Pool				
7:10pm	Cycle Bootcamp (80) Diana - Cycle room		POUND - (45) 7PM Karen - Lg. Studio				
8:00pm	Reaching New Heights (120)Cory- Rockwall	Priming for Climbing (60)Cory- Rockwall	Reaching New Heights (120) Cory- Rockwall				

\*\*Indicates free classes for members  
(xx) Duration of class times in minutes  
Shaded area indicates when tot watch is available  
Tot Watch Hours.

Please register at the Welcome Center or online to save  
your spot in your favorite class.  
Detailed class descriptions available at the Welcome  
Center.

**Westside YMCA**  
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