

October 2020 WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS SCHEDULE and DESCRIPTIONS



11 Longwell Avenue, Westminister MD 21157, 410-751-5501, www.westminstermd.gov The Mission of the Westminister 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
6:15 a	Group Power® Lynette	Group Blast® Courtney	Group Power® Lynette	Group Blast® Lynette			
	Cycle Rachel		Cycle Danielle		Cycle Danielle		
8:00 a	Light Dance Dee	Strong Nation Jenni	Light Dance Dee	R.I.P.P.E.D. Traci			R.I.P.P.E.D. Courtney/ Colleen
8:15 a						Group Blast® Courtney	
						HIIT Cycle Maggie	
9:00 a	Zumba Alex	Group Power® Jennifer	Zumba Jenni	Zumba-45 Lisa	Group Power® Traci		HIIT Michelle
	HIIT Cycle Maggie	Cycle Danielle	HIIT Cycle Maggie	Cycle Traci	Cycle-45 Maggie		Cycle Rachel
					Yoga & Meditation-75 Joe	Barre Alex	
9:15 a						Tabata Michelle/ Danielle	
10:15 a	HIIT Maggie	Tabata Maggie	HIIT Traci	Tabata Maggie	HIIT Maggie	Pound Maureen	
	Flow Yoga Joe	Yin Yoga-75 Cindy	Yin Yoga Shawn	Slow Flow Yoga-75 Shawn		Flow Yoga-75 Cindy	
11:30 a						KIDS Yoga-45 Cindy	
12:00 p	Express TRX-45 Jennifer		Express TRX-45 Jenni				
1:00 p	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball		
4:00 p	KIDS Dance Fit-45 Maureen		KIDS Outdoor Recess-45 Rec Staff				
5:00 p	Group Blast® Lynette	Zumba Sarah	Zumba Toning Maureen	Group Blast® Danielle			
		Aerial Yoga Bethany B					
5:15 p	Barre Stephanie	Cycle-45 Colleen	Barre-45 Colleen	Cycle-45 Colleen			
5:30 p			Cycle Teresa				
6:00 p	R.I.P.P.E.D. Courtney		Tabata Michelle				
	Cycle Wendy						
6:15 p		Group Power® Traci		Group Power® Jennifer			
		Yoga Bethany B	Aerial Yoga Bethany B	Yoga Colleen			
7:00 p	Tabata Danielle		R.I.P.P.E.D. Courtney				

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 4:45pm-8:00pm M/W,
4:45pm-7:15pm T/Th/F, 8am-11am Sat.

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