

APRIL 2018 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	P90X & CORE DE FORCE LIVE Tommie	Cycle 30/ TABATA 30 Gabby	P90X & CORE DE FORCE LIVE Tommie	Cycle30/ TABATA30 Gabby	P90X & CORE DE FORCE LIVE Tommie		
8:00	Cardio Dance Dee Vinyasa Flow Yoga 75 Cindy		Cardio Dance Dee		Light Dance Dee Yoga & Meditaion 75 Joe ●	Zumba Sarah C Hot Yoga Bethany B	
8:15 a					*Cycle 45 Gabby ●		
9:00	TABATA Gabby	POUND ★ Rachel Happy Hour at the Barre Gabby ●	TABATA Gabby	Zumba 45 Lisa ● Yin Yoga Karen	Resistance/Core 30 Rachel ●	Barre Alex ● Anything Goes ALTERN	HIIT Michelle FlowYoga75 Cynthia ●
9:15		Flow Yoga-75 Karen ●			*Cycle 45 Gabby ●	Hot Yoga Bethany B	
9:30					Jump Start Cardio 30 Rachel ●		*Cycle Teresa
9:45					Yoga & Meditation 75 Joe ●		
10:00	Hot Yoga Bethany B Freestyle Combat Bethany K	Triple Threat Bethany K		Butts & Guts Bethany K	Muscle Pump 30 Rachel ●		
10:15	Zumba Alex ●	PiYo ★ Rachel ●	*Cycle 45 Gabby ●		Happy Hour at the Barre Gabby ●	*Cycle ★ Maggie	
10:30					POUND 30 ★ Rachel ●	Flow Yoga-75 Cindy ● Ballet Barre ● Bethany B	
11:00		Flow Yoga-75 Syeda ●		Flow Yoga-75 Shawn ●			
12:00	Pick-Up Basketball	Pick-Up Basketball		Pick-Up Basketball			
12:10	Express Yoga-40 Shawn ●		Express Yoga 40 Cindy ●				
4:30	Flow Yoga Karen		Flow Yoga Bethany B				
4:45		Hot Yoga Joe		Flow Yoga Kelly			
5:00		Kickboxing Bootcamp Josh		PiYo Rachel	Cycle 30/Circuit 30 ★ Maggie		
5:30			* Cycle Teresa				
5:45							
6:00	Total Body Blast Reba Hot Yoga Kelly	Flow Yoga Joe Zumba Sarah	Prenatal Yoga 75 ◆ Bethany B ● TABATA Gabby	*Cycle Kaye Zumba Rhonda	Flow Yoga Cynthia		
6:30	*Cycle Wendy	*Cycle Kaye	Barre Alex ●				
7:00	Zumba Kristy		20, 20, 20 ◆ Kristy				
7:15		Hot Yoga Bethany B					

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

- ★ New instructor, format, time and/or location, ◆ New class, ■ dates to be announced
- Third Floor Barre Studio, ● class length of 30, 40, 45, 75 or 90 minutes
- ▲ Westminster Municipal Pool, 325 Royer Rd, Westminster 410-857-5633
- Yoga Studio:** Yoga classes, **Cycle Studio:** Cycle classes, **Gymnasium:** other classes with no symbols
- All classes are 60 minutes unless noted. Class descriptions on the back of the schedule.