

# FEBRUARY 2018 Revised 2/8/18

11 Longwell Avenue, Westminster MD 21157, 410-751-5501, [www.westminstermd.gov](http://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	
5:45			<u>Morning Yoga</u> Joe					
6:00	<u>P90X &amp; CORE DE FORCE LIVE</u> ★ Tommie	<u>Cycle 30/TABATA 30</u> Gabby	<u>P90X &amp; CORE DE FORCE LIVE</u> ★ Tommie	<u>Cycle30/TABATA30</u> Gabby	<u>P90X &amp; CORE DE FORCE LIVE</u> ★ Tommie			
	<u>Morning Yoga</u> Kelly							
8:00	<u>Cardio Dance</u> Dee	<u>Light Dance</u> Dee	<u>Cardio Dance</u> Dee		<u>Light Dance</u> Dee	<u>Yoga &amp; Meditaion 75</u> Joe ●	<u>Zumba</u> Sarah C	
		<u>Yin Yoga</u> Cindy ◆					<u>Hot Yoga</u> Bethany B ◆	
9:00	<u>PiYo</u> Rachel ●		<u>POUND</u> Rachel ●	<u>Zumba-45</u> Lisa ●	<u>Resistance/Core 30</u> Rachel ●	<u>Barre</u> Alex ●	<u>HIIT</u> Michelle	
	<u>TABATA</u> Gabby	<u>Happy Hour at the Barre</u> Gabby ●	<u>TABATA</u> Gabby	<u>Yin Yoga</u> Karen			<u>*Cycle</u> Gabby	<u>Anything Goes</u> ALTERN
9:15						<u>Hot Yoga</u> Bethany B		
9:30					<u>Jump Start Cardio-30</u> Rachel ●		<u>*Cycle</u> Teresa	
9:45					<u>Yoga &amp; Meditation-75</u> Joe ●			
10:00	<u>Hot Yoga</u> Bethany B		<u>Hot Yoga-75</u> Joe ●		<u>Muscle Pump-30</u> Rachel ●			
		<u>Triple Threat</u> Maggie		<u>Butts &amp; Guts</u> Bethany K				
10:15	<u>*Cycle Shareen</u>	<u>Zumba Alex</u> ●	<u>Ashtanga Primary Series75</u> Mary ●	<u>*Cycle45</u> Gabby	<u>Zumba Alex</u> ●	<u>Happy Hour at the Barre</u> Gabby ●		
10:30						<u>Flow Yoga-75</u> Cindy ●		
11:00		<u>Flow Yoga-75</u> Syeda ●		<u>Flow Yoga-75</u> ★ Cindy ●		<u>*Cycle</u> Maggie		
12:00	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>		<u>Pick-Up Basketball</u>				
12:10	<u>Express Yoga-40</u> Shawn ●				<u>Express Yoga-40</u> Shawn ●			
4:30	<u>Flow Yoga</u> Karen		<u>Flow Yoga</u> Bethany B		<u>Flow Yoga</u> Kelly			
4:45		<u>Hot Yoga</u> Joe		<u>Barre</u> Alex ●				
			<u>Flow Yoga</u> Kelly					
5:00		<u>Kickboxing Bootcamp</u> Josh		<u>PiYo</u> Rachel	<u>Cycle 30/Circuit 30</u> Maggie			
5:30			<u>* Cycle</u> Teresa					
5:45	<u>POUND</u> Rachel ●							
6:00	<u>Total Body Blast</u> Reba	<u>Hot Yoga</u> Kelly	<u>Flow Yoga</u> Joe	<u>Ashtanga Blend 90</u> ● Mary ●	<u>Core Yoga</u> Bob	<u>Vinyasa Flow 75</u> Bob ●	<u>*Cycle</u> Kaye	<u>Flow Yoga</u> Cynthia
			<u>Zumba</u> Sarah	<u>*Cycle</u> Kaye	<u>TABATA</u> Gabby	<u>Barre</u> Alex ●	<u>Zumba</u> Rhonda	
6:30	<u>*Cycle</u> Wendy							
7:00	<u>Zumba</u> Kristy	<u>POUND</u> ◆ Rachel ●		<u>Zumba</u> Penny	<u>Butts &amp; Guts</u> Kristy			
7:15	<u>Restorative Yoga</u> Kelly	<u>Hot Yoga</u> Bethany B	<u>Restorative Yoga</u> Karen ●					
7:30				<u>Yin Yasa Yoga</u> Cynthia				

\*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.