

JULY 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 a	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		
6:45 a		Lap Swim City Pool ▲	Lap Swim City Pool ▲	Lap Swim City Pool ▲			
8:00 a	Cardio Dance Susanne ●		Cardio Dance Susanne ●		Light Dance Dee ●	Yoga & Meditaion 75 Joe ●	Zumba Sarah C Hot Yoga Bethany B
	Vinyasa Flow Yoga 75 Cindy ●						
8:15 a					*Cycle 45 Gabby ●		
9:00 a	TABATA Gabby	Happy Hour at the Barre Gabby ●	TABATA Gabby	Zumba 45 Lisa ●	Resistance/Core 30 Rachel ●	Barre Alex ●	HIIT Michelle FlowYoga75 Cynthia ●
				Yin Yoga Cindy			
9:15 a		Flow Yoga-75 Kelly ●			*Cycle 45 Gabby ●	Hot Yoga Bethany B	
9:30 a					Jump Start Cardio 30 Rachel ●		*Cycle Teresa
9:45 a					Yoga & Meditation 75 Joe ●		
10:00 a	Hot Yoga Bethany B				Muscle Pump 30 Rachel ●		
	Freestyle Combat Bethany K	Triple Threat Maggie		Butts & Guts Bethany K			
10:15 a	Zumba Alex ●		*Cycle 45 Gabby ●		Happy Hour at the Barre Gabby ●	*Cycle Maggie	
10:30 a					POUND 30 Rachel ●	Flow Yoga-75 Cindy ●	
11:00 a		Flow Yoga-75 Syeda ●		Flow Yoga-75 Shawn ●			
12:00 p	Pick-Up Basketball	Pick-Up Basketball		Pick-Up Basketball			
12:10 p	Express Yoga-40 Shawn ●		Express Yoga 40 Cindy ●				
4:30 p	Flow Yoga Kelly		Flow Yoga Bethany B				
4:45 p		Hot Yoga Joe		Flow Yoga Kelly			
5:00 p		Kickboxing Bootcamp Josh			Cycle 30/Circuit 30 Maggie		
5:30 p			* Cycle Teresa				
6:00 p	Total Body Blast Reba	Flow Yoga Joe	Yoga Fundamentals Bob ◆	Align & Refine 75 Cynthia ●			
	Hot Yoga Kelly	Zumba Sarah	*Cycle Kaye	TABATA Gabby	Barre Alex ●	Zumba Rhonda	*Cycle Kaye
6:30 p	*Cycle Wendy						
7:00 p	Zumba Kristy		20, 20, 20 Kristy				
7:15 p		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.