



WESTMINSTER FAMILY FITNESS CENTER

GROUP FITNESS SCHEDULE and DESCRIPTIONS

SEPTEMBER 2019

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		<u>Cycle 30/ TABATA 30</u> Gabby	<u>Ultimate Strength & Core</u> Maggie	<u>Cycle 30/ TABATA 30</u> Gabby	<u>Rope Burn HIIT</u> Maggie		
8:00 a	<u>Line Dance</u> Susanne/Dee		<u>Cardio Dance</u> Dee		<u>Light Dance</u> Dee	<u>Zumba 45</u> Sarah ●	
					<u>Yoga & Meditation 75</u> Joe ●		
8:15 a	<u>*Cycle 45</u> Maggie ●				<u>*Cycle 45</u> Gabby ●		
9:00 a	<u>TABATA</u> Gabby	<u>Happy Hour at the Barre</u> Gabby ●	<u>*Cycle 45</u> Gabby ●	<u>Zumba 45</u> Lisa ●	<u>Line Dance</u> Susanne last class 9/6/19 ●	<u>Anything Goes</u> ALTERN	<u>HIIT</u> Michelle
		<u>Flow Yoga-75</u> Emily ●				<u>Yin Yoga</u> Shawn	<u>Barre</u> Alex ●
9:15 a					<u>*Cycle 45</u> Gabby ●		
9:45 a					<u>Yoga & Meditation 75</u> Joe ●		
10:00 a	<u>TABATA</u> Gabby	<u>Triple Threat</u> Maggie	<u>TABATA</u> Gabby	<u>Butts & Guts</u> Bethany K	<u>Ultimate Strength & core</u> Maggie	<u>Flow Yoga-75</u> ★ Cindy ●	<u>*Cycle 45</u> ALTERN ●
	<u>Flow Yoga</u> Joe		<u>Vinyasa Flow Yoga 75</u> Cindy ●				
10:15 a	<u>Zumba</u> Alex ●			<u>Flow Yoga-75</u> Shawn ●	<u>Happy Hour at the Barre</u> Gabby ●	<u>*Cycle</u> Maggie	
10:30 a							
12:00 p	<u>Pick-Up Basketball</u>	<u>Pick-Up Basketball</u>		<u>Pick-Up Basketball</u>			
12:10 p	<u>Express Yoga-40</u> ★ Shawn ●						
4:45 p	<u>Flow Yoga</u> ★ Karen		<u>Flow Yoga</u> Bethany B	<u>Flow Yoga</u> ★ Karen			
5:00 p		<u>Kickboxing Bootcamp</u> Josh		<u>Ultimate Strength & Core</u> Maggie			
5:30 p			<u>* Cycle</u> Teresa				
6:00 p	<u>Rock Solid & Core</u> Maggie	<u>Zumba</u> Sarah	<u>Hot Yoga</u> ★ Bethany B	<u>TABATA</u> Gabby	<u>Zumba</u> Rhonda	<u>*Cycle</u> Maggie	
6:30 p	<u>*Cycle</u> Wendy		<u>Barre</u> Alex ●				
7:00 p	<u>Mix It Up Monday</u> Kristy		<u>20, 20, 20</u> Kristy				

***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, Canceled-class
- 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, **Barre Studio (3rd Floor):** marked with ● symbol, **Gymnasium:** All other classes

All classes are 60 minutes unless noted. Class descriptions on reverse side.

Child Care is available during all classes (excludes classes before 8:30 am and after 7:00 pm)

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