

REVISED

September 2020 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	Cycle Rachel ★		Cycle Danielle (Begins 9/16) ★				
8:00 a	Light Dance Dee		Light Dance Dee			Group Blast Courtney (Begins 9/12) ★	
9:00 a	Cycle Rachel	20-20-20 Kristy	HIIT Cycle Maggie	Zumba-45 Lisa ●	Yoga & Meditation-75 Joe ●	Anything Goes Maggie/Michelle	HIIT Michelle
	Zumba Alex ★	Cycle Danielle (Begins 9/15) ★	R.I.P.P.E.D Traci (Begins 9/16) ★	Yin Yoga Shawn	Cycle-45 Maggie	Barre Alex ●	
10:00 a	Tabata Maggie ★	Triple Threat Maggie	Tabata Josh ★	Body Chisel Josh	HIIT Maggie	Flow Yoga-75 Cindy ●	Cycle-45 Maggie ●
			Cycle-45 Traci (Begins 9/16) ★			Cycle-45 Maggie ●	Teresa Rachel
						Pound Maureen ★	
10:15 a		Yin Yoga-75 ● Cindy		Slow Flow Yoga-75 ● Shawn			
11:00 a	Flow Yoga Joe						
12:00 p	Pick-Up Basketball	Pick-Up Basketball		Pick-Up Basketball			
3:30 p				KIDS Outdoor Recess			
5:00 p	Groove & Tone Kristy	Zumba Sarah	Zumba Toning Maureen	LIIT Josh			
	Barre Stephanie ★	Aerial Yoga Bethany B ★	Barre Stephanie ★				
5:30 p		Cycle Teresa	Cycle Teresa	Cycle Colleen (Begins 9/17) ★			
				Barre Alex ●			
6:00 p	R.I.P.P.E.D Courtney (Begins 9/14) ★	Hot Yoga Bethany B	Tabata Michelle	Zumba Rhonda			
	Cycle Wendy	Pound Maureen (Begins Sept 8 th) ★	Aerial Yoga ★ Bethany B				
6:15 p		Barre Colleen ★ (Begins 9/15)					

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

- ★ New class, new instructor, format, time and/or location
- dates to be announced
- Cancelled 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 8:30am-11:30am and 5:30pm-7:30pm (8am-11am SAT)

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