



WESTMINSTER FAMILY FITNESS CENTER

GROUP FITNESS SCHEDULE

410-751-5501, www.westminstermd.gov, Recreation & Parks, Family Center

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.

Day/ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am			*Cycle* Missie		*Cycle* Missie	
6 am	Cardio Strength Interval Ali	Step Strength Interval Lisa F.			Cardio Strength Interval Ali	
6-6:45				<i>Gentle Yoga Express</i> Shawn		
8 am						ZUMBA/HIP HOP alternate
8:30 am	Dance Fit Dee	Dance/Tone Dee	Dance Fit Dee		Dance Tone Dee	
9-9:45				ZUMBA EXPRESS Lisa L.		
9 am		Cycle Kaye		Cycle Dana	Cycle Stafford	Instructors Choice Altern. Cycle Altern.
9:30 am	Cardio Strength Interval Shareen		HIP HOP, Step, & Strength Rachel		Step Strength Beth Flow Yoga Shawn	
10 am		Strength Fusion Sarah		Strength Fusion Sarah		<i>Flow Yoga</i> Alternate
12:00		PICK-UP BASKETBALL		PICK-UP BASKETBALL		
12:10 - 12:50	<i>Express Yoga</i> Shawn		<i>Express Core/Flow</i> Sarah			
4:45 pm		<i>FLOW YOGA</i> Joe				
5 pm			PICK-UP BASKETBALL	<i>Pilates Strength</i> Billie	ZUMBA/HIPHOP Carly	
5:30 pm	<i>Pilates</i> Billie					
5:45 pm			<i>Core Flow</i> Tricia			
6 pm	Strength Fusion Chris	ZUMBA Rhonda <i>Flow Yoga</i> Joe	Step Strength Interval Kathleen	ZUMBA Rhonda <i>Flow Yoga</i> Lisa C.		
6:30 pm	Cycle Wendy <i>Flow Yoga Rock</i> Julie	Cycle Dana	Advanced Cycle Chris	Cycle Chris	Cycle Wendy	
7 pm	ZUMBA Lisa L.					

CYCLE CLASSES: PLEASE SIGN UP NO MORE THAN 48 HOURS IN ADVANCE. ALSO, ARRIVE 10 MINUTES EARLY TO CLASS IN ORDER TO SET UP YOUR BIKE. *Thank you! Please bring a towel and water.*

PILATES, YOGA, CORE/FLOW CLASSES - HELD ON THE THIRD FLOOR unless stated.

12 years of age up to 14 years old can participate in class with a legal parent or guardian.