

January 2021 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
6:15 a		Group Blast® Courtney	Cycle Danielle	Group Power® Lynette	Group Blast® Lynette Cycle Danielle		
8:00 a	Light Dance Dee	TRX-45 Jenni	Light Dance Dee	R.I.P.P.E.D. Traci	Barre Stephanie		
8:15 a						Group Blast® Courtney HIIT Cycle Maggie	
9:00 a	Zumba Alex	Group Power® Jennifer	LIIT Josh	Zumba-45 Lisa	Group Power® Traci		HIIT Michelle
	HIIT Cycle Maggie	Cycle Danielle	HIIT Cycle Maggie	Cycle Traci	Cycle-45 Maggie		
9:15 a					Yoga & Meditation-75 Joe	Tabata Danielle/ Jennifer Barre Alex	
10:15 a	HIIT Maggie	Tabata Maggie	HIIT Traci	Tabata Maggie	HIIT Maggie	Pound Maureen	Group Power® Jennifer
	Flow Yoga Joe			Slow Flow Yoga-75 Shawn			
10:30a						Flow Yoga-75 Cindy	
12:00 p	TRX-45 Jennifer		TRX-45 Jennifer				
1:00 p	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball	Pick-Up Basketball		
4:00 p		LIIT Josh		KIDS Recess-45 Rec Staff			
4:15 p	KIDS Dance Fit-45 Maureen						
5:00 p	Zumba Kristy	Zumba Sarah	Zumba Toning Maureen	LIIT Josh			
	Barre Stephanie	Aerial Yoga Bethany B	Barre Stephanie				
6:00 p	R.I.P.P.E.D. Courtney		Tabata Michelle				
	Cycle Wendy		Cycle Danielle/Traci				
6:15 p		Group Power® Traci		Zumba Rhonda			
		Yoga Bethany B	Aerial Yoga Bethany B	Yoga Lynette			
7:00 p	Tabata Danielle		Group Blast® Lynette				

Class Locations

	Gymnasium
	3 rd Floor Cycle Studio
	3 rd Floor Barre Room
	2 nd Floor Yoga Studio

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

All classes are 60 minutes unless noted. Class descriptions on reverse side.
Child Care is available in the morning 8:30am-11:30am M-F and in the evening 4:45pm-8:00pm M/W,
4:45pm-7:15pm T/Th/F, 8am-11:45am Sat.

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