


**JUNE 2025 - WESTMINSTER FAMILY FITNESS CENTER SCHEDULE / REGISTRATION REQUIRED IN BAND**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Shockwave</u> 8:15 - 9a Traci	<u>Group Power®</u> 6 - 7a Lynette	<u>Group Blast®</u> 6 - 7a Courtney *no class 6/25	<u>Group Power®</u> 6 - 7a Lynette	<u>SPRINTervals</u> 8 - 8:45a Traci	<u>Group Blast®</u> 8 - 9a Courtney *no class 6/28	<u>Zumba®</u> 8 - 9a Sandra
<u>Strength Training</u> 9 - 10a Jen	<u>Group Power®</u> 9 - 10a Traci	<u>Cycle</u> 6:15 - 7a Angela 6/25	<u>TRX® Fusion</u> 8:15 - 9:15a Jen	<u>Group Power®</u> 9 - 10a Traci	<u>Step</u> 8:15 - 9a Misti 6/28	<u>Strength &amp; Conditioning</u> 8:15 - 9:15a Aria *no class 6/1
<u>Shockwave</u> 9:15 - 10a Traci	<u>Pilates Fusion</u> 9:15 - 10a Tracy	<u>Gentle Yoga</u> 8:15 - 9:15a Shawn	<u>Slow Flow Yoga</u> 8:15 - 9:15a Salina	<u>Gentle Yoga</u> 9 - 10a Cindy	<u>Cycle</u> 8:15 - 9a Jen / Angela	<u>Barre Above®</u> 9:15 - 10a Colleen
<u>Restorative Yoga</u> 10:15 - 11:15a Mariam		<u>Strength Training</u> 9 - 10a Jen	<u>Zumba®</u> 9 - 10a Lisa	<u>Cycle</u> 9:15 - 10a Gabe	<u>Shockwave</u> 9:15 - 10a Jen *no class 6/28	<u>Aerial Yoga</u> 10:15 - 11:15a Lynette 6/8
<u>Mobility Training</u> 10:15 - 11a Tracy	<u>HIIT Cycle</u> 9:15 - 10:15a Chelsea	<u>Yoga Fusion</u> 10:15 - 11:15a Mariam *no class 6/18	<u>HIIT Cycle</u> 9:15 - 10:15a Chelsea	<u>Yin Yoga</u> 10:15 - 11:15a Katie	<u>Pound®</u> 9:15 - 10:15a Maureen / Stephanie *no class 6/21	<u>Yin Yoga &amp; Sound Bath</u> 10:30 - 11:45a Tracy & Becca 6/22
<u>Tabata</u> 10:15 - 11:15a Aria	<u>TRX® Fusion</u> 10:15 - 11:15a Traci *no class 6/3	<u>Tabata</u> 10:15 - 11:15a Chelsea	<u>Aerial Yoga</u> 10:15 - 11:15a Misti	<u>Tabata</u> 10:15 - 11:15a Aria	<u>Tabata</u> 9:15 - 10:15a Chelsea 6/21	<u>Pickleball Lessons</u> 9:30a - 11a
<u>Aqua Zumba®</u> 11 - 11:45a Jen *starting 6/16	<u>Aqua Fusion</u> 11 - 11:45a Misti *starting 6/17	<u>Aerial Yoga &amp; Acupuncture</u> 10:15 - 11:15a Misti & Emma 6/18	<u>Circuit Training</u> 10:15 - 11:15a Denise	<u>Aqua Zumba®</u> 11 - 11:45a Maureen *starting 6/20	<u>Gentle Yoga</u> 9:15 - 10:15a Angela 6/28	
<u>Adaptive Rec Fit &amp; Fun</u> 11:30a - 12p Melanie	<u>Circuit Training</u> 10:15 - 11:15a Denise	<u>Aqua Fitness</u> 11 - 11:45a Jen *starting 6/18	<u>Aqua Tabata</u> 11 - 11:45a Aria *starting 6/19	<u>Open Gym</u> 11:30a - 4:45p	<u>Restorative Yoga</u> 10:15 - 11:15a Katie *no class 6/28	<u>Open Gym</u> 11:15a - 12:45p
<u>Drop-In Pickleball</u> 12:15 - 2:15p	<u>Archery</u> 11:30a - 6p Tina	<u>Adaptive Rec Fit &amp; Fun</u> 11:30a - 12p Melanie	<u>Archery</u> 11:30a - 6p Tina		<u>Open Gym</u> 10:30a - 12:45p	
<u>Open Gym</u> 2:30 - 4:30p		<u>Drop-In Pickleball</u> 12:15 - 2:15p	<u>Mobility Training</u> 4 - 4:45p Misti			
<u>Tabata</u> 5 - 5:45p Chelsea 6/16		<u>Open Gym</u> 2:30 - 4:30p	<u>SPRINTervals</u> 5 - 5:45p Chelsea			
<u>Zumba®</u> 5 - 5:45p Lynette *no class 6/16	<u>Pilates Fusion</u> 4 - 4:45p Lynette	<u>Step</u> 5 - 5:45p Misti 6/18	<u>Pilates Fusion</u> 5 - 5:45p Lynette			
<u>Cycle</u> 5 - 5:45p Angela	<u>Shockwave</u> 5 - 5:45p Chelsea	<u>Zumba Toning®</u> 5 - 5:45p Maureen *no class 6/18	<u>Aerial Yoga</u> 6 - 7p Lynette 6/5 & 6/12			
<u>Group Blast®</u> 6 - 7p Courtney	<u>Group Power®</u> 6 - 7p Barb	<u>Barre Above®</u> 5 - 5:45p Lynette / Tracy	<u>Group Power®</u> 6 - 7p Courtney *no class 6/26			
<u>Stability Ball</u> 6 - 6:45p Lynette / Stephanie	<u>Vinyasa Yoga</u> 6 - 7p Bethany	<u>Yin Yoga</u> 6 - 7p Tracy	<u>Tabata</u> 6 - 7p Chelsea 6/26	<u>Drop-In Pickleball</u> 5 - 7p		
	<u>Pickleball Lessons</u> 7:15 - 9:15p	<u>Strength &amp; Conditioning</u> 6 - 7p Aria	<u>Pickleball Lessons</u> 7:15 - 9:15p			


**Class Locations**


3 <sup>rd</sup> Floor Cycle Studio
3 <sup>rd</sup> Floor Barre Studio
2 <sup>nd</sup> Floor Yoga Studio
2 <sup>nd</sup> Floor Gymnasium
1 <sup>st</sup> Floor Fitness Center
Westminster Municipal Pool

• Additional program fee, must pre-register in ACTIVENet.



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## JUNE 2025 - WESTMINSTER FAMILY FITNESS CENTER - GROUP FITNESS CLASS DESCRIPTIONS

**AERIAL YOGA:** Enhance your yoga practice as you explore the transition of grounded poses to being suspended and supported by a hammock to stretch, invert, and fly - as you feel comfortable. Please arrive a few minutes early to allow time to customize your hammock height. For your protection and support, wear a tight-fitting t-shirt with sleeves, as well as tight-fitting long pants that cover the knees - no socks are worn during class. Avoid wearing clothing with zippers or ties, jewelry, hair clips, and long nails to prevent damaging the hammock. Refrain from wearing oils, perfumes, and lotion so they do not get absorbed in the hammock. Please note aerial yoga would NOT be recommended for anyone with a history of motion sickness, vertigo, high blood pressure or is currently pregnant.

**BARRE ABOVE®:** Enjoy a low-impact, ballet-inspired workout that fuses a variety of pilates, yoga, and full-body muscle endurance strength exercises. You will see improvement in your posture, flexibility, strength, and balance from this training method. No dance experience necessary.

**CIRCUIT TRAINING:** Mix up your fitness routine with fun, high-energy strength and cardio circuit stations, using a variety of equipment carefully selected by your instructor.

**CYCLE:** This low-impact, high-energy freestyle cycle format features changes in speed (RPM) and intensity (resistance) planned to challenge and improve your cardiovascular endurance. Please arrive a few minutes early for bike set-up.

**GENTLE YOGA:** Practice postures that focus on balance and flexibility with an emphasis on simplicity and ease of movement with calming breathwork and guided meditation.

**GROUP BLAST®:** Walk, jog, run, jump, plyometrics, balance drills, lateral drills, and quickness drills- all on and off the step- to exciting, energetic music. With the many exercise options and the adjustability of the step, intensity is easily managed so anyone will feel successful.

**GROUP POWER®:** Traditional strength exercises combined with effective functional training moves to make you fitter and stronger by using an adjustable barbell and your own body weight. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout.

**HIIT (High Intensity Interval Training) CYCLE:** Cross-train with this combination of alternating cardio on the bike and strength exercises off the bike.

**MOBILITY TRAINING:** Discover the effectiveness of myofascial release, active stretching techniques, and isometric full-body strength drills to mobilize joints and release muscular tension for optimal recovery and a strong foundation for better movement that is safe and scalable for everyone!

**PILATES FUSION:** Explore contemporary mat pilates exercises with the incorporation of prop(s) for a full-body workout designed to promote core stability, muscular strength, endurance, and flexibility.

**POUND®:** Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

**RESTORATIVE YOGA -** Build a greater sense of inner peace with this gentle, slow-paced practice that is designed to help you unwind, reduce stress, and promote healing.

**SHOCKWAVE:** Push your limits with this full-body, cross-training program featuring low-impact cardio drills on the water rower and athletic challenges off the water rower to improve both muscular strength and endurance.

**SLOW FLOW YOGA:** Enjoy this gently paced yoga class designed to strengthen and stretch the body, while promoting steadiness and relaxation. Mindful attention is paid to alignment and syncing movement with the breath.

**SPRINTervals:** Boost your fitness level by alternating sprint-intensity intervals using our Matrix cardio equipment and strength building movements in the fitness center to optimize your time and results! All fitness levels welcome!

**STABILITY BALL:** Train your body for everyday activities and make daily movement easier and safer with this functional fitness focused class incorporating the stability ball.

**STEP:** Challenge your mind and body with this easy to follow, guaranteed to sweat, freestyle step aerobic class that also incorporates strength and mobility training.

**STRENGTH & CONDITIONING:** Enjoy physical training that combines exercises that increase strength, power, speed, endurance, and agility.

**STRENGTH TRAINING:** Learn various strength training protocols and develop proper form for each exercise, while tracking your performance and success!

**TABATA:** This training protocol features 20-second high-intensity intervals of exercise, followed by 10 seconds of rest, repeated eight times giving you time to perfect each move, increase lean muscle mass, and boost metabolism!

**TRX® FUSION:** Develop strength, balance, flexibility, and core stability simultaneously using the TRX Suspension Trainer in this circuit style format that incorporates other functional training equipment carefully selected by your instructor.

**VINYASA YOGA:** Connect movement with breath in a series of flowing yoga postures with awareness and intention to enhance the mind-body connection.

**YOGA FUSION:** Explore traditional body weight strength poses with the incorporation of another piece of equipment to challenge muscular endurance and improve bone density to complement balance and flexibility training.

**YIN YOGA:** Explore slower, meditative variations of poses held for an extended length of time with various props targeting your deep connective tissues to reduce stress, increase circulation, improve flexibility, and promote mindfulness. Yin yoga is meant to nourish and rejuvenate us, balancing the Yang in our lives.

**ZUMBA®:** An interval-style cardio dance fitness workout that combines latin and world rhythms.

**ZUMBA® TONING:** Take your Zumba® party to the next level with the addition of light toning sticks.



**SELF-REGISTRATION REQUIRED FOR ALL GROUP FITNESS CLASSES – Scan the QR code to get started!**