

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | | | | |
|--|---|---|--|---|--|--|------------------------------------|------------------------------------|-----------------------------------|---------------------------------|--------------------------------------|----------------------------|
| Shockwave 8:15 - 9a Traci | Group Power® 6 - 7a Lynette | Group Blast® 6 - 7a Courtney | Group Power® 6 - 7a Lynette *no class 7/31 | SPRINTervals 8 - 8:45a Traci *no class 7/4 | Group Blast® 8 - 9a Courtney | Zumba® 8 - 9a Sandra | | | | | | |
| Strength Training 9 - 10a Jen | Circuit Training 8 - 8:45a Denise | Gentle Yoga 8:15 - 9:15a Shawn | Cycle 6:15 - 7a Angela 7/31 | Group Power® 9 - 10a Traci | Cycle 8:15 - 9a Jen / Angela *no class 7/5 | Strength & Conditioning 8:15 - 9:15a Aria | | | | | | |
| Shockwave 9:15 - 10a Traci | Group Power® 9 - 10a Traci | Strength Training 9 - 10a Jen | Circuit Training 8 - 8:45a Denise | Gentle Yoga 9 - 10a Cindy *no class 7/4 | HIIT Cycle 8:15 - 9a Chelsea 7/5 | Barre Above® 9:15 - 10a Maureen *no class 7/6 | | | | | | |
| Restorative Yoga 10:15 - 11:15a Mariam | | | Slow Flow Yoga 8:15 - 9:15a Salina *no class 7/3 & 7/10 | Cycle 9:15 - 10a Gabe | Shockwave 9:15 - 10a Jen | Pickleball Lessons 9:30a - 11a | | | | | | |
| Mobility Training 10:15 - 11a Tracy | Pilates Fusion 9:15 - 10a Tracy | Yoga Fusion 10:15 - 11:15a Mariam *no class 7/16 | TRX® Fusion 8:15 - 9:15a Jen *no class 7/3 Barre Above® 8:15 - 9a Misti 7/3 | Yin Yoga 10:15 - 11:15a Katie | Pound® 9:15 - 10:15a Maureen / Stephanie | Community Acupuncture & Sound Bath 10:15 - 11:30a Emma & Becca 7/6 | | | | | | |
| Tabata 10:15 - 11:15a Aria | HIIT Cycle 9:15 - 10:15a Chelsea | Tabata 10:15 - 11:15a Chelsea | Zumba® 9 - 10a Lisa | Tabata 10:15 - 11:15a Aria | Restorative Yoga 10:15 - 11:15a Katie | Open Gym 11:15a - 12:45p | | | | | | |
| Aqua Zumba® 11 - 11:45a Jen | TRX® Fusion 10:15 - 11:15a Traci *no class 7/29 | Yoga & Acupuncture 10:15 - 11:15a Misti & Emma 7/16 | HIIT Cycle 9:15 - 10:15a Chelsea | Aqua Zumba® 11 - 11:45a Maureen *no class 7/4 | Open Gym 10:30a - 12:45p | | | | | | | |
| Archery Camp ● 11a - 3p Tina 7/14 | Aqua Fusion 11 - 11:45a Misti | Aqua Tabata 11 - 11:45a Aria | Aerial Yoga 10:15 - 11:15a Misti | Open Gym 11:30a - 4:45p *skip 7/18 | | | | | | | | |
| Adaptive Rec Fit & Fun ● 11:30a - 12p Melanie | Archery Camp ● 11a - 3p Tina 7/15 | Archery Camp ● 11a - 3p Tina 7/16 | Aqua Fitness 11 - 11:45a Jen | | | | | | | | | |
| Drop-In Pickleball 12:15 - 2:15p *skip 7/14 | Open Gym 11:30a - 5:45p *skip 7/15 | Adaptive Rec Fit & Fun ● 11:30a - 12p Melanie | Archery Camp ● 11a - 3p Tina 7/17 | Archery Camp ● 11a - 3p Tina 7/18 | Class Locations <table border="1"> <tr><td>3rd Floor Cycle Studio</td></tr> <tr><td>3rd Floor Barre Studio</td></tr> <tr><td>2nd Floor Yoga Studio</td></tr> <tr><td>2nd Floor Gymnasium</td></tr> <tr><td>1st Floor Fitness Center</td></tr> <tr><td>Westminster Municipal Pool</td></tr> </table> | | 3 rd Floor Cycle Studio | 3 rd Floor Barre Studio | 2 nd Floor Yoga Studio | 2 nd Floor Gymnasium | 1 st Floor Fitness Center | Westminster Municipal Pool |
| 3 rd Floor Cycle Studio | | | | | | | | | | | | |
| 3 rd Floor Barre Studio | | | | | | | | | | | | |
| 2 nd Floor Yoga Studio | | | | | | | | | | | | |
| 2 nd Floor Gymnasium | | | | | | | | | | | | |
| 1 st Floor Fitness Center | | | | | | | | | | | | |
| Westminster Municipal Pool | | | | | | | | | | | | |
| Open Gym 2:30 - 4:30p *skip 7/14 | | Drop-In Pickleball 12:15 - 2:15p *skip 7/16 | Mobility Training 4 - 4:45p Misti | | | | | | | | | |
| Zumba® 5 - 5:45p Lynette | Pilates Fusion 4 - 4:45p Lynette *no class 7/29 | Open Gym 2:30 - 4:30p *skip 7/16 | SPRINTervals 5 - 5:45p Chelsea | Drop-In Pickleball 5 - 7p | | | | | | | | |
| Cycle 5 - 5:45p Angela | Shockwave 5 - 5:45p Chelsea | Zumba Toning® 5 - 5:45p Maureen | Pilates Fusion 5 - 5:45p Lynette | | | | | | | | | |
| Group Blast® 6 - 7p Courtney | Group Power® 6 - 7p Barb | Barre Above® 5 - 5:45p Lynette | Aerial Yoga 6 - 7p Lynette 7/10, 7/17 & 7/24 | | | | | | | | | |
| Stability Ball 6 - 6:45p Lynette 7/14 & 7/21 | Vinyasa Yoga 6 - 7p Bethany | Yin Yoga 6 - 7p Tracy | Group Power® 6 - 7p Courtney *no class 7/31 | Kid's Night Out ● 5 - 9p 7/25 | | | | | | | | |
| Partner Yoga 6 - 7p Mariam 7/28 | Pickleball Lessons ● 7:15 - 9:15p | Strength & Conditioning 6 - 7p Aria | Tabata 6 - 7p Chelsea 7/31 Pickleball Lessons ● 7:15 - 9:15p | | | | | | | | | |

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



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JULY 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.

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!