



















# JANUARY 2026 - WESTMINSTER FAMILY FITNESS CENTER SCHEDULE

Registration required for all group fitness classes in BAND so your dedicated instructors know who they are planning for based on our capacity limits and equipment resources. Scan the QR Code to create your account, manage class enrollment and stay informed regarding schedule adjustments and waitlist notifications.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY										
<b>Shockwave</b> 8:15 - 9AM Traci	<b>Group Power® Express</b> 6 - 6:45AM Lynette	<b>Group Blast®</b> 6 - 7AM Courtney	<b>Group Power® Express</b> 6 - 6:45AM Lynette *skip 1/1	<b>SPRINTervals</b> 8 - 8:45AM Traci	<b>Group Blast®</b> 8 - 9AM Courtney	<b>Zumba®</b> 8 - 9AM Sandra										
<b>Strength Training</b> 9 - 10AM Jen	<b>Group Power®</b> 9 - 10AM Traci	<b>Gentle Yoga</b> 8:15 - 9:15AM Shawn	<b>TRX® Fusion</b> 8:15 - 9:15AM Jen *skip 1/1	<b>Group Power®</b> 9 - 10AM Traci	<b>Cycle</b> 8:15 - 9AM Angela / Jen	<b>Strength &amp; Conditioning</b> 8:15 - 9:15AM Alec										
<b>Restorative Yoga</b> 9 - 10AM Mariam		<b>Strength Training</b> 9 - 10AM Jen	<b>Slow Flow Yoga</b> 8:15 - 9:15AM Salina *skip 1/1	<b>Gentle Yoga</b> 9 - 10AM Cindy	<b>Circuit Training</b> 9:15 - 10:15AM Chelsea *skip 1/17	<b>Barre Above®</b> 9:15 - 10AM Ashley										
<b>Shockwave</b> 9:15 - 10AM Traci	<b>Yin Yoga</b> 9 - 10AM Katie	<b>Cycle</b> 9:15 - 10AM Ashley	<b>Zumba®</b> 9 - 10AM Lisa *skip 1/1	<b>Cycle</b> 9:15 - 10AM Gabe	<b>Pound®</b> 9:15 - 10:15AM Maureen *1/17	<b>Mobility Training</b> 10:15 - 11AM Ashley										
<b>Mobility Training</b> 10:15 - 11AM Mariam	<b>HIIT Cycle</b> 9:15 - 10AM Chelsea	<b>Barre Above®</b> 10:15 - 11AM Misti	<b>HIIT Cycle</b> 9:15 - 10AM Chelsea *skip 1/1	<b>Pilates Fusion</b> 10:15 - 11AM Ashley	<b>Shockwave</b> 9:15 - 10AM Jen	<b>Pickleball Lessons</b> 9:30 - 11:30AM										
<b>Tabata</b> 10:15 - 11:15AM Denise		<b>Tabata</b> 10:15 - 11:15AM Chelsea														
<b>Drop-In Pickleball</b> 12:15 - 2:15PM	<b>Circuit Training</b> 10:15 - 11:15AM Misti	<b>Chair Yoga</b> 10:15 - 11:15AM Mariam *1/14 & 1/28	<b>Circuit Training</b> 10:15 - 11:15AM Denise *skip 1/1	<b>Tabata</b> 10:15 - 11:15AM Chelsea	<b>Restorative Yoga</b> 10:15 - 11:15AM Bethany / Colleen	<b>Open Gym</b> 11:45AM - 12:45PM										
<b>Open Gym</b> 2:30 - 4:30PM	<b>TRX® Fusion</b> 10:15 - 11:15AM Traci	<b>Adaptive Rec Fit &amp; Fun</b> 11:30AM - 12PM Melanie	<b>Aerial Yoga</b> 10:15 - 11:15AM Misti *skip 1/1	<b>Open Gym</b> 11:30AM - 4PM	<b>Open Gym</b> 10:30AM - 1:15PM											
<b>Tabata</b> 5 - 5:45PM Chelsea / Lynette *1/5 & 1/19	<b>Archery</b> 11:15AM - 6PM Tina	<b>Drop-In Pickleball</b> 12:15 - 2:15PM	<b>Archery</b> 11:15AM - 6PM Tina *skip 1/1	<b>Boys &amp; Girls Club</b> 4:30 - 5:30PM	<b>Special Olympics</b> 1:30 - 7PM	 <b>Facility Legend</b> <table border="1"> <tr><td></td><td>3<sup>rd</sup> Floor Cycle Studio</td></tr> <tr><td></td><td>3<sup>rd</sup> Floor Barre Studio</td></tr> <tr><td></td><td>2<sup>nd</sup> Floor Yoga Studio</td></tr> <tr><td></td><td>2<sup>nd</sup> Floor Gymnasium</td></tr> <tr><td></td><td>1<sup>st</sup> Floor Fitness Center</td></tr> </table>		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
	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															
<b>Zumba®</b> 5 - 5:45PM Maureen *1/12 & 1/26	<b>Pilates Fusion</b> 4 - 4:45PM Lynette	<b>Open Gym</b> 2:30 - 4:30PM														
<b>Cycle</b> 5 - 5:45PM Angela	<b>Shockwave</b> 5 - 5:45PM Lynette	<b>Zumba Toning®</b> 5 - 5:45PM Maureen	<b>Pilates Fusion</b> 5 - 5:45PM Ashley *skip 1/1	<b>Restorative Aerial Yoga &amp; Reiki</b> 5:30 - 6:45PM Lynette *1/23 & 1/30												
<b>Group Blast®</b> 6 - 7PM Courtney	<b>Group Power®</b> 6 - 7PM Barb	<b>Barre Above®</b> 5 - 5:45PM Lynette														
<b>Stability Ball</b> 6 - 6:45PM Lynette / Stephanie	<b>Vinyasa Yoga</b> 6 - 7PM Bethany	<b>Strength &amp; Conditioning</b> 6 - 7PM Alec	<b>Group Power®</b> 6 - 7PM Courtney *skip 1/1	<b>Drop-In Pickleball</b> 6 - 8PM												
<b>Pickleball Lessons</b> 7:15 - 9:15PM	<b>Pickleball Lessons</b> 7:15 - 9:15PM	<b>Slow Flow Yoga</b> 6 - 7PM Angela	<b>Pickleball Lessons</b> 7:15 - 9:15PM *skip 1/1													

\* Schedule modification.

● Fee-based activity. Register here in **ACTIVENET.**



● Register here in **BAND** for Drop-In Pickleball.



Stay Connected with us!



@WestminsterRec



@westminster\_fam\_fitness\_center

## JANUARY 2026 - 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. *Mat-based yoga experience encouraged prior to exploring Aerial Yoga.*

**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.*

**CHAIR YOGA:** This low-impact, gentle form of yoga adapts traditional poses to be performed while sitting in a chair or using a chair for support with a focus on balance, breathwork, coordination, and flexibility. All levels welcome – no yoga mat needed.

**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. *Please arrive a few minutes early for bike set-up.*

**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®:** Inspired by drumming using Ripstix®, lightly weighted drumsticks engineered specifically for exercising and paired with movements that are easily adjustable, making it accessible for all! In POUND® you don't just listen to amazing music, you become a part of it with every strike in this exhilarating full-body interval training workout.

**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 with a routine that changes every four weeks to allow for progression and recovery!

**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.

**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.