



APRIL 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																	
Shockwave 8:15 - 9AM Traci	Group Power® Express 6 - 6:45AM Lynette	Group Blast® 6 - 7AM Courtney	Group Power® Express 6 - 6:45AM Lynette	SPRINTervals 8 - 8:45AM Traci	Group Blast® 8 - 9AM Courtney	Zumba® 8 - 9AM Sandra *skip 4/5																	
Strength & Conditioning 9 - 10AM Jen	Group Power® 9 - 10AM Traci	Gentle Yoga 8:15 - 9:15AM Shawn	TRX® Fusion 8:15 - 9:15AM Jen	Group Power® 9 - 10AM Traci	Cycle 8:15 - 9AM Jen	Strength & Conditioning 8:15 - 9:15AM Alec *skip 4/5																	
Shockwave 9:15 - 10AM Traci		Strength & Conditioning 9 - 10AM Jen	Slow Flow Yoga 8:15 - 9:15AM Salina	Gentle Yoga 9 - 10AM Cindy	Circuit Training 9:15 - 10:15AM Maggie																		
Restorative Yoga 9 - 10AM Mariam	HIIT Cycle 9:15 - 10AM Chelsea	Barre Above® 10:15 - 11AM Misti	Zumba® 9 - 10AM Lisa	Cycle 9:15 - 10AM Gabe	Pound® 9:15 - 10AM Maureen / Stephanie	Barre Above® 9:15 - 10AM Ashley *skip 4/5																	
Mobility Training 10:15 - 11AM Mariam			HIIT Cycle 9:15 - 10AM Chelsea	Shockwave 9:15 - 10AM Jen	Restorative Yoga 10:15 - 11:15AM Ristin	Mobility Training 10:15 - 11AM Ashley *skip 4/5																	
Tabata 10:15 - 11:15AM Chelsea	TRX® Fusion 10:15 - 11:15AM Traci	Tabata 10:15 - 11:15AM Chelsea	Circuit Training 10:15 - 11:15AM WFFC Team																				
Adaptive Rec Fit & Fun 11:30AM - 12PM Melanie	Circuit Training 10:15 - 11:15AM Misti	Adaptive Rec Fit & Fun 11:30AM - 12PM Melanie	Aerial Yoga 10:15 - 11:15AM Misti	Pilates Fusion 10:15 - 11AM Maureen	<div style="text-align: center;"> </div> <p>Facility Legend</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: #e0e0e0; width: 20px;"></td><td>3rd Floor Cycle Studio</td></tr> <tr><td style="background-color: #fff9c4; width: 20px;"></td><td>3rd Floor Barre Studio</td></tr> <tr><td style="background-color: #e0e0e0; width: 20px;"></td><td>2nd Floor Yoga Studio</td></tr> <tr><td style="background-color: #fff9c4; width: 20px;"></td><td>2nd Floor Gymnasium</td></tr> <tr><td style="background-color: #e0e0e0; width: 20px;"></td><td>1st Floor Fitness Center</td></tr> </table> <p>* Schedule modification.</p> <ul style="list-style-type: none"> ● Fee-based activity. Register here in ACTIVENET. 🚶 Drop-In Pickleball. Register here in BAND for Drop-In Pickleball. <p>🎯 Open Gym Schedule</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Monday: 6 - 7AM & 2:30 - 4:30PM</td></tr> <tr><td>Tuesday: 1 - 3:30PM</td></tr> <tr><td>Wednesday: 2:30 - 4:30PM</td></tr> <tr><td>Thursday: 1 - 3:30PM</td></tr> <tr><td>Friday: 6 - 7AM & 11:30AM - 4:45PM</td></tr> <tr><td>Saturday: 10:30AM - 4:45PM</td></tr> <tr><td>Sunday: 9:30AM - 12:45PM</td></tr> </table> <p style="text-align: center;">Stay Connected with us!</p> <p> @WestminsterRec</p> <p> @westminster_fam_fitness_center</p>			3 rd Floor Cycle Studio		3 rd Floor Barre Studio		2 nd Floor Yoga Studio		2 nd Floor Gymnasium		1 st Floor Fitness Center	Monday: 6 - 7AM & 2:30 - 4:30PM	Tuesday: 1 - 3:30PM	Wednesday: 2:30 - 4:30PM	Thursday: 1 - 3:30PM	Friday: 6 - 7AM & 11:30AM - 4:45PM	Saturday: 10:30AM - 4:45PM	Sunday: 9:30AM - 12:45PM
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Zumba® 5 - 5:45PM Lisa	Archery ● 3:30 - 6PM Tina *skip 4/7	Zumba Toning® 5 - 5:45PM Maureen *skip 4/8	Archery ● 3:30 - 6PM Tina *skip 4/9	Drop-In Pickleball 5 - 7PM																			
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Mobility Training 6 - 6:45PM Lynette	Pickleball Lessons ● 7:15 - 9:15PM	Slow Flow Yoga 6 - 7PM Ristin	Pickleball Lessons ● 7:15 - 9:15PM																				

FACILITY USAGE AGE REQUIREMENTS: Youth ages 12-14 can workout in the fitness center and participate in group fitness classes with a parent or legal guardian. For the safety of our youth members and guests ages 11 and under, please note we do not allow youth to sit in our program spaces while their parent or legal guardian(s) are working out in the fitness center or taking group fitness classes, kindly take advantage of our childcare service.

APRIL 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. 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. *Mat-based yoga experience encouraged prior to exploring Aerial Yoga. Please arrive a few minutes early to allow time to customize your hammock height.*

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. *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!

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

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.

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.