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## WESTSIDE BRANCH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM  Spin Sue (S)	6:00-7:00 AM  Body Pump Sue (X)	8:15-9:15 AM  Yoga Flow Christina (X)	6:00-7:00 AM  Rise & Grind Kristie (X)	6:00-7:00 AM  Body Pump Sue (X)	8:00-8:45 AM  Zumba Vince (X)	8:30-9:30 AM  Cycle Kim (S)
8:30-9:20 AM <i>Seniors</i> Stronger Longer Frank (X)	9:30-10:15 AM  Cycle Kathleen (S)	9:30-10:30 AM  Body Pump Lisa (X)	9:00-9:45 AM  Spin Lisa (S)	8:00-9:00 AM  Yoga Basic Christina (X)	8:30-9:30 AM  Spin Susan (S)	8:45-9:30 AM  Zumba Kathy D (X)
9:35-10:35 AM  Body Pump Erin (X)	8:00-9:00 PM  Ashtanga Yoga <i>new</i> Victoria (X)	1:00-1:45 PM <i>Seniors</i> Silver Sneakers Phyllis (X)	9:00-9:45 AM  Zumba Beverly (X)	9:05-10:05 AM  RIPPED Noreen (X)	8:50-9:35 AM  P90X Candice (X)	9:35-10:35 AM  Yoga Flow George (X)
1:00-2:00 PM <i>Seniors</i> Silver Sneakers Phyllis (X)	9:35-10:35 AM  RIPPED Colleen (X)	4:30-5:30 PM  Yoga Flow Cathy D (X)	9:50-10:35 AM  TBC Lisa (X)	9:30-10:15 AM  Cycle Kathleen (S)	9:40-10:40 AM  Body Pump Candice (X)	
4:30-5:00 PM  Core Express Catrina (X)	1:00-1:45 PM <i>Seniors</i> Zumba Gold Kathy M (X)	5:30-6:30 PM  Zumba Fiorella (X)	1:00-1:45 PM <i>Seniors</i> Zumba Gold Kathy M (X)	10:10-11:10 AM  Zumba Kathy D (X)	9:30-10:30 AM  Yoga Flow Natasha (G)	
5:00-5:45 PM  P90 X Catrina (X)	4:45-5:30 PM  Zumba Natalie/ Margaret (X)	5:30-6:20 PM  Spin Tina C (S)	4:30-5:00 PM  Transform 30 Candice (X)	1:00-2:00 PM  Yoga Chair George (X)		
5:30-6:20 PM  Spin Julie (S)	4:45-5:30 PM  Tread & Shred Catrina (FC)	6:45-7:30 PM  PiYo Candice (X)	5:00-5:30 PM  Transform 30 Candice (X)	5:30-6:30 PM  Yoga Gentle Ashley (X)		
5:50-6:35 PM  Zumba Vince (X)	5:30-6:20 PM  Spin Susan (S)		5:30-6:20 PM  Cycle Kim (S)	7:00-8:00 PM  Beginner Fencing* Andy (X)		
6:40-7:40 PM  Yoga Flow Natasha (X)	5:35-6:35 PM  Body Pump Sue (X)		5:40-6:35 PM  Body Pump Tina N (X)	8:00-9:45 PM  Intermediate Fencing* Andy (X)		
7:45-8:30 PM  Zumba Jen (X)	6:40-7:40 PM  Yoga Basic George (X)		6:40-7:40 PM  Zumba Jenni (X)			

**CLASS LOCATION KEY**  
 (G) Gymnasium • (S) Spin Room  
 (X) Group Exercise Room  
 (FC) Fitness Center

**CHILD WATCH HOURS – Westside**  
**Monday-Thursday**  
 8:30 – 11:30 AM & 4:30 – 7:45 PM  
**Friday**  
 8:30 – 11:30 AM & 4:30 – 7:00 PM  
**Saturday** **Sunday**  
 8:00 – 11:30 AM 8:30-11:30 AM

**LEGEND**

 <b>CYCLING</b>	 <b>STRENGTH</b>	 <b>DANCE</b>
 <b>CORE</b>	 <b>HIGH INTENSITY</b>	
 <b>CARDIO</b>	 <b>MIND/BODY</b>	
 <b>CARDIO/STRENGTH</b>	 <b>SENIOR FITNESS</b>	

\* Extra Fee Applies

<b>EASTSIDE BRANCH</b> 81 S. ELM STREET (203)269-4497 M-F 4:30 AM – 9:30 PM SAT 5:00 AM – 5:00 PM SUN 7:00 AM – 5:00 PM	<b>WESTSIDE BRANCH</b> 8 N. TURNPIKE ROAD (203)269-3348 M-F 5:00 AM – 10:00 PM S-S 7:00 AM – 5:00 PM
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**SCHEDULE EFFECTIVE: Feb 1, 2020**

## CLASS DESCRIPTIONS

<b>Les Mills Body Pump</b>	Weight training workout using barbells with adjustable weights set to motivating music. An athletic workout that strengthens and defines every muscle group. Beginner to experienced participants will be challenged. <b>Age 15 and older.</b>
<b>CORE Xpress</b>	Get a 1-2 jump to your workout in this express, 30-minute core workout. Core Xpress will focus on technique, alignment and strengthening to give you improved abdominal strength and definition.
<b>BeachBody P90X</b>	A total body strength and cardio class that incorporates personal training and functional training. Rock out to hardcore music and give it your all as you encourage each other to get in the best shape of your lives!
<b>BeachBody PiYo</b>	Core-firming benefits of Pilates with the strength and flexibility of yoga. Low impact, fat burning. Dynamic flowing sequences that lengthen and tone muscles and increase flexibility.
<b>RIPPED</b>	"The One Stop Body Shock" that masterfully combines Resistance, Intervals, Power, Plyometric and Endurance. Participants jam through class with smiles, determination & strength. Tough, but doable!
<b>Silver Sneakers Classic</b>	Have fun and move to the music through a variety of chair exercises designed to increase muscular strength, mobility and activity for daily living skills. Hand-held weights, elastic tubing and balls are used for resistance.
<b>Spin/Cycle</b>	Experience all terrain challenges including uphill, flat roads, switch backs, jumps speed and sprints. Suitable for all fitness levels.
<b>BeachBody Transform30</b>	Get ready to sculpt your core, legs, glutes, and upper body through the use of a step. Transform30 offers progressions and regressions that make the class accessible and effective for everyone.
<b>Tread &amp; Shred</b>	A challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and inclines. Effective coaching to keep you connected to your exertion level.
<b>TBC Total Body Conditioning</b>	This cross training class uses the ball, bands and weights for a fun workout to improve your muscular strength and cardiovascular endurance.
<b>Rise &amp; Grind</b>	Join Kristie for your early morning shot of adrenaline that focuses on functional movements, high intensity intervals and total body training. You will sweat, get leaner, and build functional strength.
<b>Stronger Longer</b>	A class designed to help older adults improve their muscular strength, cardiovascular strength, and flexibility. Good for beginners.
<b>Yoga</b>	<p><b>Ashtanga</b> – Calm your mind while improving circulation and strength in your body. Ashtanga detoxifies the organs and muscles by creating a lot of heat and sweat through intense poses. Best for experienced yogis or individuals not afraid of a challenge.</p> <p><b>Basic</b> – A playful class that embraces all of the beautiful movement and rhythm of yoga.</p> <p><b>Chair</b> – This gentle class emphasizes proper breathing, correct spinal and pelvic alignment, improved balance, strength and posture.</p> <p><b>Gentle</b> – A slow moving, mindful class designed to fully learn to engage the breath and move with conscious awareness. Stretch and breathe your way to the ultimate stillness and relaxation.</p> <p><b>Flow</b> – An active yoga practice synchronizing breath with movement. gain stability, flexibility and mindful breath work. All levels welcome.</p>
<b>Zumba</b>	Are you ready to party yourself into shape? Move it, shake it and rock it out with red-hot dance steps and pulsating Latin and world rhythms.
<b>Zumba Gold</b>	Tailored for active older adults. Zumba Gold offers easy to follow choreography that focuses on balance, coordination and range of motion.

### GROUP EXERCISE POLICIES

All classes are free for members 13 years and older unless otherwise noted.

Body Pump classes are for members 15 years and older.

Class sign ups begin 24 hours prior to class start time and are for members only.

To reserve a spot, call the Westside Welcome Center at (203)269-3348.

Any member who is not present at the beginning of class will lose their spot.

Group Ex Studio = 35 participants      Spin Studio = 22 participants

**Class format, instructor and schedule subject to change without notice.**