

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		Spinning 45 min Mary		Spinning 45 min Mary			
6:00 am	Spinning (6:15) 45min Karen		Spinning 45 min. Angi		Spinning 45 min. Heather P.		
7:30 am		Yoga Fit 1 hr Melissa		Yoga Fit 1 hr Melissa			
8:30 am						(8:30) Step/Sculpt 1 hr 15 min Lurinda/Katy	Spinning 45 min Liz
9:00 am	Step Interval 1 hr Lurinda	Step Sensation 45 min Katy	Body Bar Combo 1 hr Lurinda	Step Sensation 45 min Katy	Step Variety 45 min Lurinda		
9:15 am		Spinning 45 min Abs 15 min. St. B Nicole/Heather		Spinning 45 min Abs 15 min. St. B Angi		Spinning 45 min Mary or Karen	
9:45 am		9:45 Body Blast 45 min Katy		9:45 Body Blast 45 min Katy	Body Blast 45 min Lurinda	Tur-Bosu 45 min Heather / Katy	
10:30 am	Zumba 1 hr Caroline		10:15 Resistaball 45 minutes Liz			Yoga 1 hr. Ann/Carla	
11:00 am			Mat Pilates 55 min Liz	11:30 HOOPING w/Laura 45 min !			Extreme Spin** 90 min Fee Charged 6 weeks 3/14-5/25
12:00 pm	Mat Pilates 1 hr. Liz		11 am Senior Spin** 30 min Fee Charged 6 weeks 3/17-4/28				
4:00 pm			Yoga 1 hr Suzi				
5:30 pm		Step Challenge + Core w/Karen 45 min	Zumba Megan 45 min	Body Blast Interval 1 hour/Jen			
5:45 pm	Spinning 45 min David		Spinning 45 min/Heather P.	5:45 Spinning 45 min/Liz			
6:30 pm	Cardio Boxing 45 min. Carla	Body Blast 45 min Melissa		Body Blast 45 min Carla			
7:30 pm	Yoga Fit 1 hr Studio A Judy/Suzi	Zumba 45 min. Rita	Yoga Fit 1 hr Studio A Anne B.	Striptease Liz ** Dance Party with Megan/1 hour			

****Striptease and Dance Party Classes.**
 -If you attend this class, participation is required. No observation.
 -You must wear normal workout attire, bring a large men's shirt and long scarf or boa. You will only be removing these items.
 Beginning in March, Striptease will be held on just the 3rd Thursday of the month (3/18) Dance Party will be held the 1st, 2nd and 4th Thursday of each month (3/4, 3/11, 3/25, etc). Striptease will end this month and be back in the Fall. See back for Descriptions.

Spinning

- Reservations required
- Must arrive 5 minutes before class to reserve bike
- Participants are not allowed in studio without instructor present
- No late admittance-Towel and water required
- \$3.00 No Show fee
- **Fee Charged and Advance Registration Required for Senior Spin and Extreme Spin

Please call 387-0410 for more information

Class schedule is subject to change due to instructor availability and class attendance. Announcements will be made in class prior to a schedule change (when possible) and posted on the bulletin board in front of the Group Fitness studios. Schedule available at westhillsathletic.com.



GROUP FITNESS SCHEDULE

Body Blast:

This class focuses on muscular strength and conditioning by using a variety of resistance equipment. This class is excellent for total body conditioning.

Body Bar Combo (step):

Great for beginning steppers! Calorie Burn, Strength, Definition. This step class incorporates the body bar to provide you with dynamic total body movement, balance, rotation and power. Perfect for developing strength, endurance, balance, mobility and muscular definition.

Body Blast Interval

This fast paced circuit class will be challenging and test your agility, too! Low and High impact options. Strength training combined with cardio intervals for a great fat-burning workout.

Dance Party:

Dance party is a mix of a cardio dance class and a studio dance class that focuses on choreography. Each song is done twice-- about 30 minutes of routine is practiced and then repeated to get a few steps closer to a polished routine. Anyone who likes to bust a move and break a sweat will love this class. (Alternates with Striptease at 7:30 on Thursday nights..1st, 2nd and 4th Thursdays).

Hooping: NEW!

Come try a great new work out that's a ton of fun for everyone! Hula Hooping! It's a low impact, cardio workout that kicks your abs. Even if you have never been able to hula hoop, you will be able to with these special ridged and weighted hoops designed for adults...not kids! You will work up a sweat with out hurting your joints and have a lot of fun!

Mat Pilates:

A deep muscle conditioning workout, focusing on stabilizing and strengthening the abs and lower back. All fitness levels welcome.

ResistaBall

45 minutes of hard 'core' stabilization, abs, legs and more utilizing the restaballs!

Schedule available at westhillsathletic.com

For any classes with staff listed, see board outside of the studio for that day's instructor. Classes and Instructors are subject to change.

Spinning:

45 minutes of traditional spinning. A great cycling class for all fitness levels!

Step Challenge and Core:

Great cardio workout focusing plus hard-core abdominal workout.

Step Sensation:

Great cardio workout focusing on step combinations that can be modified for specific fitness needs.

Step Interval:

This class allows you to increase your cardio endurance with basic power steps, while incorporating a variety of resistance exercises.

Step Variety:

For the experienced stepper! Instructor's choice! For a little variety the instructor will alternate between regular step, circle step, double step and quad step.

Striptease: Offered 3rd Thursday of each Month at 7:30 pm (alternates with Dance Party). Unleash your inner goddess with flirty moves that target your core and sculpt long, lean, flexible muscles. Letting your hair down and letting go has never been more fun or empowering. Class is designed with a Pilates-based approach that will tone your body. You must wear normal workout attire, bring a large men's shirt and long scarf or boa. You will only be removing these items.

Cardio Kickboxing:

Kick boxing with out *all* of the kick. A fun cardio and strength training class!

Tur-Bosu:

A Challenging combination of Turbo Kick and Bosu designed to work upper and lower body and balance and core.

Yoga Fit:

All the benefits of traditional Yoga with added power to increase your fat-burning potential. Gain strength, flexibility and cardiovascular stamina.

Zumba:

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO". Zumba features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

LOW ATTENDANCE FOR A 4-WEEK PERIOD WILL RESULT IN CANCELLATION OF THE CLASS.