



GROUP FITNESS SCHEDULE*

FALL 2020 (updated 10/7/2020)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MON	TUE	WED	THU	FRI	SAT	SUN
	6:15a Cycle Serge Gym		6:15a Cycle Steve Gym			8:15a Sunday Sweat Judy Outdoor / A
	7:45a Core Barre Francesca Studio B	8:15a Cycle Mary Ann Gym		8:15a Cycle & Sculpt Judy Gym	8:15a Cycle Mary Ann Gym	8:15a Cycle Norm/Fred Gym
	8:15a Cycle Express Denise Gym	8:45a FitXpress Judy Outdoor / B	8:45a Core Barre Judy Outdoor / B	9:00a Yoga Nina H Outdoor / C	9:00a Zumba Jamie Studio A	9:15a Yoga Ana VIRTUAL
9:00a Yoga Nina H Outdoor / C	9:15a Yoga Steve Outdoor / C	9:00a Yoga Susan J Outdoor / C			9:30a Pilates Alice Gym	9:30a Defend Together Denise Studio A
9:00a NEW Cycle Express Michelle A Gym	9:30a Cycle & Sculpt Denise Gym	9:15a Zumba Nicole Studio A	9:30a Cycle & Sculpt Denise Gym	9:15a Defend Together Denise Studio A		
9:30a Pilates Barre Susan P Studio B	9:30a Essentrics Dyan VIRTUAL					
10:30a Strength Train Together Michelle A Studio A	10:30a Pilates Mix Jane Studio B	10:30a Strength Train Together Michelle A Studio A	10:30a Essentrics June Outdoor / C	10:30a Strength Train Together Michelle A Studio A	10:30a Strength Train Together Brian Studio A	10:30a Yoga Stretch & Strength Robin Studio C

Group Fitness information: westparty.org/schedules

OUTDOOR classes: Meet in the lobby and go from there.
Please note Studio location in the event of inclement weather.

Please bring your own mat.

Register for your class: westparty.motionvibe.com

*schedule subject to change

MON	TUE	WED	THU	FRI	SAT	SUN
				11:45a Pilates Barre Jane VIRTUAL		
			12:00p Pilates Barre Susan P Studio B			
	12:30p Yoga Christina Outdoor / C		12:30p Kundalini Mark Outdoor / C			
4:15p Yoga Nancy F Studio C		4:15p Yoga Mark Outdoor / C				
5:30p Cycle Express Denise Gym	5:30p Pilates Barre Francesca Studio C	5:00p Pilates Jane VIRTUAL				
		5:00p Strength Train Together Allyson Studio A				
5:30p NEW Body Conditioning Britt Studio A	6:00p Body Conditioning Lacy Studio A					
	7:00p Zumba Jamie Studio A	6:45p Yoga Ana VIRTUAL	7:00p Zumba Jamie Studio A			

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