

Westview Healthplex Sports Club

Group Fitness Schedule—Effective July 5

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	1: Step Aerobics Andrea	1: BodyPump Morgan	2: Cycle/Core Tim	1: Step Aerobics Andrea	1: BodyPump Andrea		
6:00 a.m.	2: Indoor Cycling Beth				MB: Mat Pilates Beth		
7:00 a.m.	MB: Hard Core Andrea (30 min)						
8:15 a.m.	MB: Mat Pilates Andrea		MB: Mat Pilates Andrea				
8:30 a.m.						MB: Mat Pilates Andrea	
8:30 a.m.						1: Group Sports Amy	
9:00 a.m.	1: Strength Inter- vals Lori	1: Combo Intervals Ellyn	1: Cardio Intervals Lori	1: Beginning Inter- vals Ann	Anything Goes! Amy (Gym floor)		1: Step Aerobics Andrea
9:00 a.m.	2: Fit/50 Marianne		2: Fit/50 Marianne		2: Fit/50 Marianne		
9:30 a.m.		2: Indoor Cycling Nat		2: Indoor Cycling Nat		2: Indoor Cycling Ellyn	
10:00 a.m.					2: Ultimate Stretch Ann (30min)		1: BodyPump Andrea
10:15 a.m.	2: Seniorcize Marianne		2: Seniorcize Marianne				
10:30 a.m.		2: Senior 30/30 Anne		2: Senior 30/30 Elizabeth		1: BodyPump Chris	
11:45 a.m.						1: Zumba Kaitlyn	
4:30 p.m.			1: Body Strength Chris				
5:15 p.m.		1: Zumba Kaitlyn					
5:30 p.m.		2: Indoor Cycling Jonathan (45min)	1: BodyPump Andrea	2: Indoor Cycling Nat (45 min)	1: BodyPump Varies		
5:30 p.m.		MB: Mat Pilates Andrea					
5:45 p.m.	1: Step Aerobics Jayne						
6:00 p.m.	2: Indoor Cycling Nat			MB: Hard Core Andrea (30 min)			
6:00 p.m.				1: BodyPump Chris			
6:30 p.m.		1: BodyPump Andrea	1: Step Aerobics Jayne	MB: Mat Pilates Andrea			
6:30 p.m.		2: Cardio/Core Beth					
6:45 p.m.	1: BodyPump Erin						

Unless otherwise noted, all classes are 60 minutes in length.

All classes listed on this schedule are free to members. Please be aware that instructors may find subs for classes when needed. While we try to prevent last minute cancellations, this may happen due to instructor illness or emergency.