



# Weekly Fitness Class Schedule

**GYM CLOSED DURING ALL CLASSES**

MONDAY-AM	TUESDAY-AM	WEDNESDAY-AM	THURSDAY-AM	FRIDAY-AM	SATURDAY-AM	SUNDAY-AM
<b>BOSU BODY BLAST</b> 9:00AM	<b>BOOT CAMP</b> 9:00AM  <b>GENTLE YOGA</b> 10:00AM	<b>INTERVAL SCULPT</b> 9:00AM	<b>BOOT CAMP</b> 9:00AM  <b>GENTLE YOGA</b> 10:00AM	<b>BARBELL PUMP</b> 9:00AM	<b>BOOT CAMP</b> 11:00am	
MONDAY-PM	TUESDAY-PM	WEDNESDAY-PM	THURSDAY-PM	FRIDAY-PM	SATURDAY-PM	SUNDAY-PM
<b>ZUMBA</b> 6:00PM  <b>SHAPE UP</b> 7:00PM	<b>GENTLE YOGA</b> 6:00PM	<b>PILATES</b> 6:00PM	<b>PILATES</b> 6:00PM			

CLASS SCHEDULE SUBJECT TO CHANGE. FOR THE MOST UP TO DATE SCHEDULE , WESTMONTPARKS.ORG

GYM IS ALSO CLOSED INTERMITTENTLY FOR OTHER PROGRAMS OR RENTALS, PLEASE SEE DIGITAL SIGNAGE DISPLAY BY THE GYM.



# Fitness Club

*Each of these classes is 60 minutes unless otherwise indicated.  
All fitness levels welcome in every class! Instructors will provide adaptations to movements when needed.*

## Club Hours

Monday - Friday  
8:00 am - 8:00 pm  
  
Saturday & Sunday  
8:00 am - 1:00 pm

### Barbell Pump

This is a cardio/strength combination class that alternates strength exercises utilizing a barbell along with cardiovascular drills.

### Boot Camp

This multi-level physical conditioning class is for the mind and body. These classes will safely and effectively burn calories and firm you up. You will perform strength exercise, stability exercises, calisthenics, cardiovascular exercise, speed work, and endurance

### BOSU Body Blast

Enjoy a cardio segment to warm up your major muscles just in time to get you ready for a challenging and invigorating strength segment on the stability ball. Improve your posture, stamina, strength and coordination all in one class.

### Cardio Stretch

Begins with 15-20 minutes of cardiovascular exercise prior to the stretching exercises. Learn slow controlled stretching movements with a variety of equipment including foam rollers, yoga straps, and balls.

### Gentle Yoga

Challenging poses to work up a sweat. Feel empowered in mind & body.

### Interval Sculpt

Multi level class. Are you lacking in your cardiovascular stamina and strength? Come and get the most from your workout in the least amount of time. Your cardio and strength will be challenged in this one-hour class.

### NIA: Neuromuscular Integrative Action

Move your body the way it's intended to move. This non-impact aerobics class is gentle to the joints, yet increases strength and stamina, through dance and martial arts. No previous experience necessary.

### Pilates

Pilates strengthens the core postural muscles, and focuses on awareness of breath and alignment of the spine.

### Shape Up

You will receive a complete workout with interval-training techniques, cardiovascular endurance and strength training. Get a fun mix of step, hand weights, bands, tubing, balls and more. Your muscles will be constantly guessing. A cool down, abdominal work and a light stretch at the end. Walk away energized. Participants can make the class low or high impact.

### Zumba

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt