



City Park Fitness Center

Active Adult Class Schedule

October - December 2020

Fitness classes will be on a reservation basis with capacity limits for each class.
 General and Specialty fitness class reservations are free for SilverSneakers, Renew Active, and City of Westminster pass holders. Non-pass holders will be required to pay a fee at the time of reservation

All classes listed are subject to change or cancellation at any time.
 • = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Plus • 8-8:40 am	SilverSneakers® Circuit • 8-8:40 am	Cardio Plus • 8-8:40 am	SilverSneakers® Circuit • 8-8:40 am	Cardio Plus • 8-8:40 am	
SilverSneakers® Classic • 10:15-11 am Pedaling for Parkinson's • 9:15-10 am Pedaling for Parkinson's • 10:30-11:15 am		SilverSneakers® Classic • 10:15-11 am Pedaling for Parkinson's • 9:15-10 am Pedaling for Parkinson's • 10:30-11:15 am		SilverSneakers® Yoga • 10:15-11 am Pedaling for Parkinson's • 9:15-10 am Pedaling for Parkinson's • 10:30-11:15 am	Meditation • 9-10 am
		Tai Chi • 10:30-11:15 am	*Zumba® Gold • 11:45 am-12:45 pm	SilverSneakers® Classic • 11:30 am-12:15 pm	
Energy Yoga • 12:45-1:45 pm	Parkinson's Exercise • 1-2 pm		Parkinson's Exercise • 1-2 pm	Tai Chi • 12:45-1:45 pm	
	SilverSneakers® Yoga • 2-3 pm	Qi Gong • 2:30-3:30 pm	SilverSneakers® Yoga • 2-3 pm		