



WESTMINSTER

City Park Fitness Center

General Fitness Class Schedule

October - December 2020

General fitness classes will be on a reservation basis with capacity limits for each 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
	Body Flex • 5:45-6:30 am Studio cycle • 5:45-6:30 am	Fit & Focus • 5:45-6:45 am		Tabata •• 5:45-6:30 am Studio cycle • 5:45-6:30 am	Studio cycle • 7:15-8:15 am
Cardio Plus • 8-8:40 am Boot Camp •• Indoor/Outdoor 8:45-9:45 am	SilverSneakers® Circuit • 8-8:40 am Cycle Fusion • 8:45-9:45 am	Cardio Plus • 8-8:40 am Boot Camp •• Indoor/Outdoor 8:45-9:45 am	SilverSneakers® Circuit • 8-8:40 am Cycle Fusion • 8:45-9:45 am	Cardio Plus • 8-8:40 am Boot Camp •• Indoor/Outdoor 8:45-9:45 am	
Body Flex • 9-9:45 am	Tabata •• 9-9:45 am	Total Body Remix •• 9-9:45 am	Tabata •• 9-9:45 am	Body Flex • 9-9:45 am	Meditation • 9-10 am
SilverSneakers® Classic • 10:15-11 am Pedaling for Parkinson's• 9:15-10 am Pedaling for Parkinson's• 10:30-11:15 am	TRX® •• 10:15-11:15 am	SilverSneakers® Classic • 10:15-11 am Pedaling for Parkinson's• 9:15-10 am Pedaling for Parkinson's• 10:30-11:15 am Advanced Tai Chi • 10:30-11:15 am	TRX® •• 10:15-11:15 am	SilverSneakers® Yoga • 10:15-11 am Pedaling for Parkinson's• 9:15-10 am Pedaling for Parkinson's• 10:30-11:15 am	TRX® •• 9:15-10:15 am
Lunch Time Blitz • 11:30 am-12:15 pm	Body Flex • 11:45 am-12:45 pm	Lunch Time Blitz • 11:30 am-12:15 pm	Cycle Fusion • 11:45am-12:30 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		SUNDAY
TRX® •• 4:30-5:15 pm Tabata •• 5:30-6:15 pm	Studio cycle • 5:45-6:30 pm	TRX® •• 4:30-5:15 pm Total Body Remix •• 5:30-6:15 pm	Body Flex • 5:30-6:30 pm Cycle Fusion • 5:45-6:45 pm		
Butts and Guts • 7-7:45 pm	Boot Camp •• Indoor/Outdoor 6:45-7:45 pm	Butts and Guts • 7-7:45 pm			



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City Park Fitness Center Specialty Fitness Class Schedule October - December 2020

Specialty fitness classes will be on a reservation basis with capacity limits for each 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
<i>Barre • 5:45 - 6:45 am</i>			<i>Pilates Chair • 5:45-6:45 am</i>		
<i>Mindful Flow Yoga • 9-9:45 am</i>	<i>Barre • 10-10:45 am</i>		<i>Mtn Strength Yoga • 10-10:45 am</i>		<i>Power Yoga •• 9:15-10 am</i>
	<i>Zumba® • 10:15-11:15 am</i>		<i>Zumba® • 10:15-11:15 am</i>		<i>Zumba® • 10:30-11:30 am</i>
<i>Barre • 11:45 am-12:45 pm</i>	<i>Mtn Strength Yoga • 11:15 am-12 pm</i>		<i>Zumba® Gold • 11:45 am-12:45 pm</i>	<i>Barre • 11:45 am-12:45 pm</i>	
		<i>Gentle Yoga • 12:45-1:45 pm</i>			
<i>Pilates Basic Chair • 1:15-2:15 pm</i>		<i>Pilates Basic Mat • 1:15-2:15 pm</i>			SUNDAY
	<i>Pilates Chair • 3:15-4 pm</i>				
<i>Barre • 4:30-5:15 pm</i>	<i>Pilates Mat • 4:30-5:15 pm</i>	<i>Pilates Chair • 4:30-5:15 pm</i>	<i>Pilates Mat • 4:30-5:15 pm</i>	<i>Barre • 4:30-5:15 pm</i>	<i>Barre • 9-10 am</i>
<i>Kettlebell •• 5:45-6:30 pm</i>	<i>Zumba® • 5:30-6:15 pm Vinyasa Flow Yoga • 5:45-6:30 pm</i>	<i>Barre • 5:45 - 6:30 pm Kettlebell •• 5:45-6:30 pm</i>	<i>Vinyasa Flow Yoga • 5:45-6:30 pm</i>		<i>Hatha Yoga • 10:30-11:30 am</i>
<i>Zumba® • 6:45-7:45 pm</i>		<i>Zumba® • 6:45-7:45 pm</i>			
<i>Hatha Yoga • 7-7:45 pm</i>	<i>Barre • 7-7:45 pm</i>	<i>Hatha Yoga • 7-7:45 pm</i>	<i>Barre • 7-7:45 pm</i>		