



WESTMINSTER

West View Recreation Center Active Adult Class Schedule October - December 2020

*Beginning October 19th

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
Flex & Stretch • 6:30 -7:30 am	SilverSneakers® Classic • 8:00-8:45 am		SilverSneakers® Classic • 8:00-8:45 am	SilverSneakers® Circuit • 8:00-8:45 am	
SilverSneakers® Circuit • 9-9:45 am		SilverSneakers® Circuit • 9-9:45 am		*Mindful Flow Yoga • 9-10 am	
*Gentle Flow Yoga• 10-11 am	*Zumba® Gold • 10-11 am	*Gentle Flow Yoga• 10-11 am	*Zumba® Gold • 10-11 am		SUNDAY
		Tai Chi • 12-1 pm		SilverSneakers® Yoga • 11:45a-12:45pm	
SilverSneakers® Yoga • 3:30-4:30 pm		SilverSneakers® Yoga • 3:30-4:30 pm			
Tabata • 5:15-6:10 pm		Flex & Stretch • 5:15-6:10 pm			
*VinyasaYoga • 6:30-7:30 pm		*Yogalates • 6:30-7:30 pm			