



WESTMINSTER

West View Recreation Center General Fitness & Specialty 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	Body Flex • 9-9:45 am	SilverSneakers® Circuit • 9-9:45 am	*Barre • 9-9:45 am	* Mindful Flow Yoga• 9:00-10:00 am	
*Gentle Flow Yoga • 10-11 am	*Zumba® Gold • 10-11 am	*Gentle Flow Yoga • 10-11 am	*Zumba® Gold • 10-11 am		
Soca Fit • 12-12:45 pm	*Barre • 12-12:45 pm	Tai Chi • 12-1 pm	*Barre • 12-12:45 pm	SilverSneakers® Yoga • 11:45a-12:45p	
SilverSneakers® Yoga • 3:30-4:30 pm		SilverSneakers® Yoga • 3:30-4:30 pm			
					SUNDAY
Tabata • 5:15-6:10 pm	*Barre • 5:15-6:10 pm	Flex & Stretch • 5:15-6:10 pm	*Barre • 5:15-6:10 pm		
*Vinyasa Yoga• 6:30-7:30 pm	Pound• 6:30-7:15 pm	*Yogalates • 6:30-7:30 pm	Pound• 6:30-7:15 pm		



WESTMINSTER

West View General Fitness & Specialty Class Descriptions

***Barre**

Stand tall! Strengthen and lengthen muscles in this fun, energetic workout that fuses fitness techniques from Pilates, Yoga, and dance. Focusing on body alignment, you'll tone muscles you didn't even know you had while developing core strength and flexibility with added cardio for a fantastic full body sculpting experience!

Body Flex

Hit the weights in this easy to follow class using barbells, hand weights and other resistance tools to build muscle, boost metabolism, and increase endurance.

Flex and Stretch

Build strength, flexibility and range of motion with weights, body bars, bands, and Fit balls. Benefits: Improves flexibility, range of motion, burns calories, builds muscle.

***Gentle Flow Yoga**

For beginners, as well as seasoned practitioners. A gentle yoga class to help ease the body, mind and spirit. Explore movement and breath in a calming, safe environment.

***Mindful Flow Yoga**

Discover your strongest you! This class blends different yoga styles incorporating strength, grace, body alignment and breath work to create a challenging yet safe practice for all.

POUND

Release your inner rockstar! Become the music in this exhilarating workout that combines cardio, Pilates, plyometric, and isometric movements. Designed for all fitness levels, POUND provides the perfect atmosphere for cutting loose and getting energized while toning up and rockin' out!

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Soca Fit

This EXPLOSIVE dance fitness class combines high cardio, toning, and easy to follow dance moves to gain proven fitness results. Soca Fit Music is masterfully mixed by Trinidadian native DJ, designed to keep you moving and sweating to the sweet sounds for a class filled with excitement, passion and FUN!

Tabata

Fire up your metabolism and energize your muscles! Create your Tabata body using strengthening exercises, functional movements and cardio blasts in an easy to follow training style performing 20 second high-intensity intervals followed by 10 seconds of rest. This class delivers a challenging full body workout that will keep you burning calories post workout.

Tai Chi

Re-energize, build awareness and empower your mind. Flow through gentle, thoughtful, slow motion movements to relieve stress as you improve balance, posture, flexibility, muscle tone and internal energy.

***Vinyasa Yoga**

Take your yoga practice to the next level in this stimulating class. Incorporate strength, balance and flexibility while improving body awareness. Leave feeling challenged and empowered!

***Yogalates**

Benefit from the lean, strong, toned muscles of Pilates as well as the balance, flexibility and relaxation of yoga.

***Zumba Gold®**

Get active with great people that move at your pace. Participants of all ages and physical conditions can enjoy this easy-to-follow, low impact fitness class taught to Latin and other international rhythms. Benefits: boosts muscular endurance, improves cardiovascular health, burns calories and fat.