

West View Recreation Center

May-August 2021




General & Specialty Fitness Classes*



General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$70
- Specialty fitness class drop-in fee: \$10

General Class
Specialty Class

• = All levels ** = Intermediate/Advanced
 = SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gentle Flow Yoga • Monica 6:30-7:30 a.m.					
Cardio Plus • Carolyn 8-8:45 a.m.	 Classic® • Colleen/ Cathy 8-8:45 a.m.	Cardio Plus • Carolyn 8-8:45 a.m.	 Classic® • Kelly 8-8:45 a.m.	 Circuit® • Kelly 8-8:45 a.m.	
 Circuit® • Kelly 9-9:45 a.m.	Body Flex • Kelly 9-9:45 p.m.	 Circuit® • Coleen 9-9:45 a.m.	Barre • Kelly 9-9:45 a.m.	Mindful Flow Yoga • Sky 9-10 a.m.	
Gentle Flow Yoga • Monica 10-11 a.m.	Zumba® Gold • Michelle 10-11 a.m.	Gentle Flow Yoga • Monica 10-11 a.m.	Zumba® Gold • Cindy 10-11 a.m.		
SocaFit • Kelly 12-12:45 p.m.	Barre • Solo 12-12:45 p.m.	Tai Chi • Bud 12-1 p.m.	Barre • Kelly 12-12:45 p.m.	 Yoga® • Melissa 11:45 a.m.-12:45 p.m.	
 Yoga® • Irene 3:30-4:30 p.m.		 Yoga® • Irene 3:30-4:30 p.m.			
Tabata • Monica 5:15-6:10 p.m.	Barre • Monica 5:15-6:10 p.m.	Flex & Stretch • Monica 5:15-6:10 p.m.	Barre • Cindy 5:15-6:10 p.m.		
Vinyasa Yoga • Gail 6:30-7:30 p.m.	POUND® • APRIL 6:30-7:15 p.m.	Yogalates • Monica 6:30-7:30 p.m.	POUND® • APRIL 6:30-7:15 p.m.		

*All classes listed are subject to change or cancellation.