

City Park Fitness Center - Yoga/Mind Body

June-August 2021

Fitness classes are on a drop-in first-come, first-serve 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 levels •• = Intermediate/Advanced

All classes are subject to change or cancellation at any time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Barre • Kelly 6:30-7:15 a.m.			Pilates Chair • Monica 5:45-6:45 a.m.		
Mindful Flow Yoga • Adrien 9-10 a.m.					Meditation • Irene 9-10 a.m.
	Barre • Becky 10-11 a.m.	Advanced Tai Chi • Bud 10:30 a.m.-11:30 a.m.	Mindful Flow Yoga • Tammy 10-11 a.m.	Silver Sneakers Yoga • Irene 10:15-11:15 a.m.	Power Yoga •• Robyn 9:15-10:15 a.m.
Barre • Trudi 11:45 a.m.-12:45 p.m.	Mindful Flow Yoga • Mandy 11:15 a.m.-12:15 p.m.			Barre • Becky 11:45 a.m.-12:45 p.m.	
Energy Yoga • Bud 12:45-1:45 p.m.		Gentle Yoga • Ari 12:45-1:45 p.m.	Pilates Mat • Joanna 1:15-2:15 p.m. (begins July 1st)	Tai Chi • Bud 12:45-1:45 p.m.	SUNDAY Barre • Ari/ Kelly 9-10 a.m. Hatha Yoga • Ari/ Kathleen 10:30-11:30 a.m.
Pilates Basic Chair • Trudi 1:15-2:15 p.m.	Silver Sneakers Yoga • Trudi 2-3 p.m.	Pilates Basic Mat • Trudi 1:15-2:15 p.m.	Silver Sneakers Yoga • Kathleen 2-3 p.m.		
	Pilates Chair • Trudi 3:15-4:15 p.m.	Qi Gong • Sheryl 2:30-3:30 p.m.			
Barre • Michelle 4:30-5:30 p.m.	Pilates Mat • Trudi 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	Barre • Michelle 4:30-5:30 p.m.	
	Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.		Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.		
Hatha Yoga • Mandy 7-7:45 p.m.	Barre • Ari 7-7:45 p.m.	Hatha Yoga • Adrien 7-7:45 p.m.			

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