

City Park Fitness Center

May-August 2021











General Fitness Classes*

The classes listed below are included with a general admission fee, as well as All-Facility, City Park Fitness Center, and SilverSneakers® passes.

• = All levels •• = Intermediate/Advanced

 = SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Body Flex • Amanda 5:45-6:30 a.m. Studio Cycle • Al 5:45-6:30 a.m.	Fit & Focus • Monica 5:45-6:45 a.m.		Tabata •• Amanda 5:45-6:30 a.m. Studio Cycle • Lea 5:45-6:30 a.m.	Studio Cycle • Al 7:15-8:15 a.m.
Cardio Plus Xtreme • Solo 8-8:40 a.m. Boot Camp •• Lindsay Indoor/Outdoor 8:45-9:45 a.m.	 Circuit® • Sandra 8-8:40 a.m. Cycle Fusion • Becky 8:45-9:45 a.m.	Cardio Plus Xtreme • Kelly 8-8:40 a.m. Boot Camp •• Melissa Indoor/Outdoor 8:45-9:45 a.m.	 Circuit® • Julie 8-8:40 a.m. Cycle Fusion • Amanda 8:45-9:45 a.m.	Cardio Plus • Sandra 8-8:50 a.m. Boot Camp •• Matt Indoor/Outdoor 8:45-9:45 a.m.	
Body Flex • Becky 9-9:45 a.m. Pedaling for Parkinson's • Sunny 9:15-10 a.m.	Tabata •• Mary Beth 9-9:45 a.m.	Total Body Remix • Amy 9-9:45 a.m. Pedaling for Parkinson's • Sunny 9:15-10 a.m.	Tabata •• Mary Beth 9-9:45 a.m.	Body Flex • Sandra 9-9:45 a.m. Pedaling for Parkinson's • Sunny 9:15-10 a.m.	Meditation • Irene/ Melissa 9-10 a.m. TRX® •• Matt 9:15-10 a.m.
 Classic® • Kelly 10:15-11 a.m. Pedaling for Parkinson's • Sunny 10:30-11:15 a.m.	TRX® •• Matt 10:15-11:15 a.m.	 Classic® • Sandra 10:15-11 a.m. Pedaling for Parkinson's • Sunny 10:30-11:15 a.m. Tai Chi • Bud 10:30-11:30 a.m.	TRX® •• Matt 10:15-11:15 a.m.	 Yoga® • Irene 10:15-11 a.m. Pedaling for Parkinson's • Sunny 10:30-11:15 a.m.	
Lunch Time Blitz • Amy 11:30 a.m.-12:15 p.m.	Body Flex • Sandra 11:45 a.m.-12:45 p.m.	Lunch Time Blitz • Ari 11:30 a.m.-12:15 p.m.	Cycle Fusion • Ari 11:45 a.m.-12:30 p.m.	 Classic® • Brigid 11:30 a.m.-12:30 p.m.	
Tai Chi • Bud 12:45-1:45 p.m.				Tai Chi • Bud 12:45-1:45 p.m.	
	 Yoga® • Trudi 2-3 p.m.	Qi Gong • Sheryl 2:30-3:30 p.m.	 Yoga® • Kathleen 2-3 p.m.		
TRX® •• Matt 4:30-5:15 p.m. Tabata •• Amanda 5:30-6:15 p.m.	Studio Cycle • Lea 5:45-6:30 p.m.	TRX® •• Matt 4:30-5:15 p.m. Total Body Remix •• Amanda 5:30-6:15 p.m.	Body Flex • Tracy 5:30-6:16 p.m. Cycle Fusion • Melissa 5:45-6:45 p.m.		
Butts and Guts • Cathy 7-7:45 p.m.	Boot Camp •• Lexy Indoor/Outdoor 6:45-7:45 p.m.	Butts and Guts • Cathy 7-7:45 p.m.			

*All classes listed are subject to change or cancellation.

The MAC - Yoga/Mind Body

May-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
	Yoga for Everybody • Catherine 8-9 a.m.		Yoga for Everybody • Catherine 8-9 a.m.		
		SilverSneakers Yoga • Catherine 10:30-11:30 a.m.		SilverSneakers Yoga • Catherine 9:15-10:15 a.m.	
	Tai Chi • Elaine 12:45-1:45 p.m.		Tai Chi • Elaine 12:45-1:45 p.m.		SUNDAY
SilverSneakers Yoga • Kathleen 1-2 p.m.		SilverSneakers Yoga • Kathleen 1-2 p.m.			