



WESTMINSTER

# City Park Fitness Center - Yoga/Mind Body

January-April 2023

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  |
|--|--|--|--|---|---|
|  |  |  | Pilates Chair • Monica<br>5:45-6:45 a.m.         |   |   |
| Mindful Flow Yoga •<br>Adrien<br>9-10 a.m.       |  |  |  |   | Meditation •<br>Irene<br>9-10 a.m.  |
|  | Barre • Becky<br>10-11 a.m.  | Tai Chi • Bud<br>10:30 a.m.-11:30 a.m.         | Mountain Strength<br>Yoga • Tammy<br>10-11 a.m.  | Silver Sneakers Yoga<br>• Irene<br>10:15-11:15 a.m. | Power Yoga ••<br>Robyn<br>9:15-10:15 a.m.   |
| Barre • Trudi<br>11:45 a.m.-12:45 p.m.           | Mindful Flow Yoga •<br>Mandy<br>11:15 a.m.-12:15 p.m.                                  |  | Pilates Mat •<br>Monica<br>11:15 a.m.-12:15 p.m. | Barre • Becky<br>11:45 a.m.-12:45 p.m.              |   |
| Tai Chi • Bud<br>12:45-1:45 p.m.                 |  | Gentle Yoga • Mandy<br>12:45-1:45 p.m.         |  | Tai Chi • Bud<br>12:45-1:45 p.m.                    | <b>SUNDAY</b><br><br>Barre • Kelly<br>9-10 a.m.<br><br>Hatha Yoga • Lisa/<br>Kathleen<br>10:30-11:30 a.m.<br><br>Gentle Yoga •<br>Mandy<br>4-5 p.m. |
| Pilates Basic Chair •<br>Trudi<br>1:15-2:15 p.m. |  | Pilates Basic Mat •<br>Trudi<br>1:15-2:15 p.m. |  |   |   |
|  | Silver Sneakers Yoga •<br>Trudi<br>2-3 p.m.<br>Pilates Chair • Trudi<br>3:15-4:15 p.m. | Qi Gong •<br>Sheryl<br>2:30-3:30 p.m.          | Silver Sneakers Yoga •<br>Kathleen<br>2-3 p.m.   |   |   |
| Barre • Kelly<br>4:30-5:30 p.m.                  | Pilates Mat • Trudi<br>4:30-5:30 p.m.  | Pilates Chair • Debbie<br>4:30-5:30 p.m.       | Pilates Mat • Debbie<br>4:30-5:30 p.m.           | Barre • Charity<br>4:30-5:30 p.m.                   |   |
|  | Vinyasa Flow Yoga •<br>Robyn<br>5:45-6:45 p.m.   | Barre • Charity<br>5:45-6:45 p.m.              | Vinyasa Flow Yoga •<br>Robyn<br>5:45-6:45 p.m.   |   |   |
| Hatha Yoga • Mandy<br>7-8 p.m.                   | Restorative Yoga •<br>Robyn<br>7-8 p.m.  | Hatha Yoga • Adrien<br>7-8 p.m.                | Restorative Yoga •<br>Robyn<br>7-8 p.m.          |   |   |
|  | Barre • Colleen<br>7-7:45 p.m.   |  | Barre • Cindy<br>7-7:45 p.m.                     |   |   |

change or cancellation.