

West View Recreation 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
Gentle Flow Yoga • Monica 6:30-7:30 a.m.					
			Barre • Kelly 9-9:45 a.m.	Mindful Flow Yoga • Adrien 9-10 a.m.	
Gentle Flow Yoga • Monica 10-11 a.m.		Gentle Flow Yoga • Monica 10-11 a.m.	Pilates Strength • Kelly 10-11 a.m.		
				Silver Sneakers Yoga • Melissa 11:45 a.m.-12:45 p.m.	
	Gentle Flow Yoga • Solo 11:45 a.m.-12:45 p.m.	Tai Chi • Bud 12-1 p.m.	Gentle Flow Yoga • Solo 11:45 a.m.-12:45 p.m.		SUNDAY
SilverSneakers Yoga • Irene 3:30-4:30 p.m.		SilverSneakers Yoga • Irene 3:30-4:30 p.m.			
	Barre • Monica 5:15-6:10 p.m.		Barre • Cindy 5:15-6:10 p.m.		
Vinyasa Yoga • Gail 6:30-7:30 p.m.		Yogalates • Monica 6:30-7:30 p.m.			