

# Westside Tennis & Fitness

## COMPLIMENTARY Group Exercise Schedule: 01/17/2017

Westside offers complimentary equipment and program orientation for members. This instruction assists you in learning the equipment and classes ensuring you have a great fitness experience each and every visit! Westside also offers introductory sessions to many of our group exercise classes. Watch your daily email for details.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	BODYPUMP (Studio B)	VELOCITY TRAINING (Weight Floor) CYCLING (Cycle Studio)	BODYPUMP (Studio B)	VELOCITY TRAINING (Weight Floor) CYCLING (Cycle Studio)				
6:00 AM		YOGA CHALLENGE (Studio A)				8:45 AM	YOGA CHALLENGE (Studio A)	
8:15 AM	PILATES SYNERGY (Studio A) COREFIT (Studio B)	MID YOGA (Studio A) BODYPUMP (Studio B)	MUSCLE MELT STRETCH (Studio A) COREFIT (Studio B)	MID YOGA (Studio A) ZUMBA (Studio B)	PILATES FUSION (Studio A) BODYPUMP (Studio B)	9:15 AM	BODYCOMBAT (Studio B) CYCLING (Cycle Studio) ELITE FITNESS (Weight Floor)	
8:30 AM	COREFIT (Studio B)		COREFIT (Studio B)					
9:15 AM	MID YOGA (Studio A) BODYSTEP (Studio B) CYCLING (Cycle Studio)	BASIC YOGA (Studio A) BODYATTACK (Studio B) HIIT CYCLING (Cycle Studio) TRX CIRCUIT (Weight Floor)	BODY IN MOTION (Studio A) BODYSTEP (Studio B) RPM (Cycle Studio)	BASIC YOGA (Studio A) CXWORX (Studio B) X-TRAINING (Weight Floor)	BASIC YOGA (Studio A) RPM (Cycle Studio)	10:30 AM	BODYPUMP (Studio B) MS-150 TRAINING (Cycle Studio)	BASIC YOGA / MEDITATION (Studio A)
9:45 AM		X-TRAINING (Weight Floor)		BODYVIVE (Studio B) HIIT CYCLING (Cycle Studio)		11:15 AM		RPM (Cycle Studio)
10:30 AM	BASIC YOGA (Studio A) BODYPUMP (Studio B)	PILATES SYNERGY (Studio A) BODYVIVE (Studio B)	BARRE BLAST (Studio A) BODYPUMP (Studio B)	PILATES FUSION (Studio A) TRX CIRCUIT (Weight Floor)	BALLET BARRE (Studio A) SH'BAM (Studio B)	11:30 AM	BARRE FUSION (Studio A) BODYATTACK (Studio B)	
11:30 AM		BODYFLOW (Studio A) FUNCTIONAL FITNESS (Studio B)	PILATES SYNERGY (Studio A)	BODYFLOW (Studio A) FUNCTIONAL FITNESS (Studio B)	PILATES SYNERGY (Studio A)	12:30 PM	BODYJAM (Studio B)	PILATES FUSION (Studio A)
12:30 PM		30min EXPRESS YOGA (Studio A)			YOGA BEGINNER ORIENTATION (Studio A)	1:00 PM		POWER 50 (Studio B)
2:00 PM	BASIC YOGA (Studio A)		BASIC YOGA (Studio A)			1:30 PM	BODYFLOW (Studio A)	
2:15 PM						1:45 PM		BODYSTEP EXPRESS (Studio B)
2:30 PM						2:30 PM		BODYPUMP (Studio B)
3:30 PM						3:30 PM		YOGA CHALLENGE / INVERSIONS (Studio A)
5:00 PM	PILATES SYNERGY (Studio A)		BALLET BARRE (Studio A)	PILATES SYNERGY (Studio A)				
5:30 PM		YOGA BEGINNER ORIENTATION (Studio A)						
5:45 PM	BODYPUMP (Studio B)		BODYPUMP (Studio B)		BODYPUMP (Studio B)			
6:00 PM		HATHA YOGA (Studio A) POWER 50 (Studio B)	ELITE FITNESS (Weight Floor) MUSCLE MELT STRETCH (Studio A)	MID. YOGA (Studio A) POWER 50 (Studio B)				
6:15 PM	BALLET BARRE (Studio A)							
6:45 PM	BODYCOMBAT (Studio B)	TRX (Weight Floor)		TRX (Weight Floor)				
7:00 PM	RPM (Cycle Studio)	RPM (Cycle Studio)	RPM (Cycle Studio) BODYJAM (Studio B)					
7:15 PM	VINYASA FLOW YOGA (Studio A)	BODFLOW (STUDIO A)	MID. YOGA (Studio A)	YOGA CHALLENGE (Studio A)				
7:45 PM		ZUMBA (Studio B)		ZUMBA (Studio B)				

\*\* Indicates there is a charge for this class (See Class Details)

♦♦Indicates Special Scheduling (See Class Details)

Studio A is located upstairs. Studio B is located downstairs off the Fitness Studio.

Please direct your group exercise questions to our Fitness Director, Adrian Crosby [Adrian@westsidetennisandfitness.com](mailto:Adrian@westsidetennisandfitness.com)