

Westside Tennis & Fitness

COMPLIMENTARY Group Exercise Schedule: *Effective 04-18-2016*

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	SATURDAY	SUNDAY
5:30 AM	BODYPUMP (Studio A)	CYCLING (Cycling Studio) Power 50 (Studio B)	BODYPUMP (Studio A)	CYCLING (Cycling Studio)	BODYPUMP (Studio A)		
6:00 AM		YOGA CHALLENGE (Studio A)					
8:00 AM						TRIO (Lap Pool)	
8:15 AM		BODYPUMP (Studio A) MID.YOGA (Studio B)	BASIC YOGA (Studio A)	MID.YOGA (Studio A)	BODYPUMP (Studio A)		
8:30 AM	CORE FIT (Studio B)		CORE FIT (Studio B)				
8:45 AM						YOGA CHALLENGE (Studio A)	
9:15 AM	BODYSTEP (Studio A) CYCLING (Cycling Studio) MID.YOGA (Studio B) AQUAFIT (Adult Pool)	BODYATTACK (Studio A) BASIC YOGA (Studio B) TRX (Weight Floor) 30/30 (Cycling Studio)	BODYSTEP (Studio A) RPM (Cycling Studio) Body In Motion (Studio B) AQUAFIT (Adult Pool)	BASIC YOGA (Studio A) 30/30 (Cycling Studio)	BASIC YOGA (Studio A) RPM(Cycling Studio) AQUAFIT (Adult Pool)	CYCLING (Cycling Studio) ELITE FITNESS (Weight Floor)	
10:15 AM	BODYPUMP (Studio A) BASIC YOGA (Studio B)	BODYVIVE (Studio A) BALLET BARRE (Studio B)	BODYPUMP (Studio A) BARRE BLAST (Studio B)	CXWORX (Studio B) TRX (Weight Floor) BODYJAM (Studio A)	SH'BAM (Studio A) BALLET BARRE (Studio B)	BODYPUMP (Studio A) BODYVIVE (Studio B)	BASIC YOGA (Studio A)
10:30 AM			FITNESS ORIENTATION (Weight Floor)				FITNESS ORIENTATION (Weight Floor)
11:00 AM							
11:15 AM	BALLET BARRE (Studio B)	FUNCT. FITNESS (Studio B)	CXWORX (Studio B)	FUNCT. FITNESS (Studio B)	CORE FIT (Studio B)	BODYATTACK (Studio A)	RPM (Cycling Studio)
11:30 AM		BODYFLOW (Studio A)		BODYFLOW (Studio A)			
12:15 PM						F.B.I. Training (Studio B)	
12:30 PM						BODYJAM (Studio A)	
1:15 PM							BODYSTEP (Studio A) POWER50 (Studio B)
1:30 PM						BODYFLOW (Studio A)	
2:00 PM	BASIC YOGA (Studio A)		BASIC YOGA (Studio A)				
2:15 PM							BODYPUMP (Studio A)
2:30 PM							
3:30 PM							YOGA CHALLENGE (Studio A)
4:00 PM			PILATES SYNERGY (Studio B)				
4:30 PM	BODYFLOW (Studio A)						
5:00 PM			BALLET BARRE (Studio B)				
5:30 PM	CORE FIT (Studio A)		CORE FIT (Studio A)		BODYPUMP (Studio A)		
5:45 PM	BODYPUMP (Studio A)		BODYPUMP (Studio A)				
6:00 PM		POWER 50 (Studio B)	ELITE FITNESS (Weight Floor) BASIC YOGA (Studio B)	POWER 50 (Studio B)			
6:30 PM				BODYSTEP (Studio A)			
6:45 PM	BODYCOMBAT (Studio A) ZUMBA (Studio B)	BODYPUMP (Studio A) BALLET BARRE (STUDIO B)	BODYCOMBAT (Studio A)	BALLET BARRE (Studio B)			
7:00 PM	RPM (Cycling Studio) FITNESS ORIENTATION (Weight Floor)	CYCLING (Cycling Studio)	BODYJAM (Studio B) RPM (Cycling Studio)				
7:30 PM				YOGA CHALLENGE (Studio A)			
7:45 PM		ZUMBA (Studio A) BODYFLOW (Studio B)	BASIC YOGA (Studio A)				

** 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