


WEST PARK GROUP EXERCISE JANUARY 2023

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	6:15 AM							
	8:30AM						Pure Strength Kim	
	9:15 AM		PURE STRENGTH Adria		YOGA FLOW VINYASA Kim W.	CARDIO COMBO Adria		
	9:30AM						Boot Camp Gym Alex Pilates Express Kim	
	10:00AM			TAI CHI GYM Chris				
	10:30AM	Balance & Strength Teresa	SILVER SNEAKER CLASSIC- GYM Christine		SILVER SNEAKER CLASSIC-GYM Teresa	FITNESS AFTER 50 Mo		
	11:00AM			CHAIR YOGA Ann				
EVENING	5:30 PM	CYCLE HIIT EXPRESS Delinda						
	5:45 PM				STEP EXPRESS Delinda/Mary			
	6:00 PM		Zumba Nicole Family Boot Camp (gym) Alex	Y CYCLE Adria		Y CYCLE Melinda	 <p>NEW YEAR NEW YOU!</p> <p>Members for your SAFETY please change outdoor shoes before entering the group exercise studio. Also we have a place for your coats down the hall.</p>	
	6:15 PM	PURE STRENGTH Andrea AQUA Aerobics-Pool Delinda						
	6:30 PM				PURE STRENGTH Jessica			
	7:00 PM		Barre Alex	YOGA FLOW Kim				
	7:15 PM	YOGA FLOW VINYASA Kim W			PILATES @ 730pm Delinda			

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