


WEST PARK GROUP EXERCISE JUNE 2023

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	8:00 AM		Walk Club (Weather Permitting) June 6 th . & 20 th . Delinda					
	8:30AM						Pure Strength Kim	
	9:15 AM		PURE STRENGTH Adria		YOGA FLOW VINYASA Kim W.	CARDIO COMBO Adria		
	9:30AM						BootCamp–Gym (June 3 rd & 10 th) Kim Kickboxing–Studio (June 17 th . & 10 th) Angela	
	10:00AM			Chair Yoga Ann				
	10:30AM	Balance & Strength Teresa	SILVER SNEAKER CLASSIC- GYM Christine		SILVER SNEAKER CLASSIC-GYM Teresa	FITNESS AFTER 50 Mo		
	11:00AM			Tai Chi Chris				
EVENING	5:30 PM	CYCLE HIIT EXPRESS Delinda						
	5:45 PM				STEP EXPRESS Delinda/Mary			
	6:00 PM		Zumba Nicole Family Boot Camp (gym) Jennifer	Y CYCLE Adria			 <p>HAVE FUN MAKE FRIENDS GET FIT</p> <p>June Promotion Try Us Thursdays Members bring in a guest & FREE Enrollment on Thursdays!</p>	
	6:15 PM	PURE STRENGTH Andrea AQUA Aerobics–Pool Delinda			Walk Club (Weather permitting) June 15 th . & 29 th . Jessica			
	6:30 PM				PURE STRENGTH Jessica			
	7:00 PM		Barre Alex	YOGA FLOW Kim				
	7:15 PM	YOGA FLOW VINYASA Kim W						
	7:30PM				PILATES YOGA Fusion w/Foam Roller Kim			