

WEST PARK GROUP EXERCISE DECEMBER 2023

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	8:30AM						Pure Strength Kim	
	9:15 AM		PURE STRENGTH Adria		YOGA FLOW VINYASA Kim W.	CARDIO COMBO Adria		
	9:30AM						Boot Camp Kim/Deidre	
	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/Deidre						
	5:45 PM				STEP EXPRESS Delinda/Mary			
	6:00 PM		Zumba Nicole Family Boot Camp (gym) Jennifer	Y CYCLE Adria				
	6:15 PM	PURE STRENGTH Andrea AQUA Aerobics-Pool Delinda						
	6:30 PM				PURE STRENGTH Angela			
	7:00 PM		BARRE Alex	YOGA/PILATES FLOW Kim			Watch for Holiday Schedule December 18th-January 2nd.	
	7:15 PM	YOGA FLOW VINYASA Kim R						
	7:30PM							