


WEST PARK GROUP EXERCISE JULY 2024

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	6:15AM				Y CYCLE Jessica			
	8:15AM		Gentle Yoga Marcia					
	8:30AM						Pure Strength Kim	
	9:00AM			Mommy & Me Fitness /Alex				
	9:15 AM		PURE STRENGTH Adria		YOGA FLOW VINYASA Kim W.	CARDIO COMBO Sis Stroller Walk Outside/Gym Alex		
	9:30AM						Boot Camp Deirdre	
	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				
	11:30AM				Self Defense Chris			
1:00pm					Aqua Toning/Pool Marcia			
EVENING	5:30 PM	CYCLE EXPRESS Deirdre/Delinda						
	5:45 PM				STEP EXPRESS Delinda/Mary			
	6:00 PM		Zumba / Nicole Family Boot Camp (gym)Jennifer	Y CYCLE Adria/Jessica Aqua Toning/Pool Marcia				
	6:15 PM	PURE STRENGTH Andrea AQUA Aerobics-Pool Delinda						
	6:30 PM				PURE STRENGTH Angela			
	7:00 PM		BARRE Alex	Yin Yoga (Deep Stretch) Marcia				
	7:15 PM	YOGA FLOW VINYASA Kim R						
	7:30PM				Pilates Alex			