


WEST PARK GROUP EXERCISE NOVEMBER 2024

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MORNING	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:15AM					Y CYCLE Jessica			
	8:30AM							Pure Strength Kim	
	9:00AM				Mommy & Me Fitness/Alex				
	9:15 AM		PURE STRENGTH Adria			YOGA FLOW VINYASA Kim W.	Pure Strength Jennifer/Delinda 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				
EVENING	5:30 PM	CYCLE EXPRESS Deirdre							
	5:45 PM				STEP EXPRESS Mary				
	6:00 PM		Zumba / Nicole (no class Nov.5 th) Family Boot Camp (gym)Jennifer		Y CYCLE Adria/Jessica				
	6:15 PM	PURE STRENGTH Andrea AQUA Aerobics-Pool Delinda			AQUA Aerobics-Pool Delinda				
	6:30 PM					PURE STRENGTH Angela			
	7:00 PM		BARRE Alex						
	7:15 PM	YOGA FLOW VINYASA Kim R							
	7:30PM					Pilates Alex			