

## WEST PARK GROUP EXERCISE JANUARY 2025

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	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MORNING	6:15AM				<b>Y CYCLE</b> Jessica			
	8:30AM						<b>Pure Strength</b> Kim	
	9:00AM			<b>Mommy &amp; Me Fitness/Alex</b>				
	9:15 AM		<b>PURE STRENGTH</b> Adria		<b>YOGA FLOW VINYASA</b> Kim W.	<b>Pure Strength</b> Jennifer/Delinda <b>Stroller Walk Gym</b> Alex		
	9:30AM						<b>Boot Camp</b> Deirdre	
	10:00AM			<b>Chair Yoga</b> Ann				
	10:30AM	<b>Balance &amp; Strength</b> Teresa	<b>SILVER SNEAKER CLASSIC- GYM</b> Christine		<b>SILVER SNEAKER CLASSIC-GYM</b> Teresa	<b>FITNESS AFTER 50</b> Mo		
	11:00AM			<b>Tai Chi</b> Chris				
EVENING	5:30 PM	<b>CYCLE EXPRESS</b> Deirdre						
	5:45 PM				<b>STEP EXPRESS</b> Mary			
	6:00 PM		<b>Zumba / Nicole</b> <b>Family Boot Camp</b> (gym)Jennifer	<b>Y CYCLE</b> Adria/Jessica				
	6:15 PM	<b>PURE STRENGTH</b> Andrea <b>AQUA Aerobics-Pool</b> Delinda		<b>AQUA Aerobics-Pool</b> Delinda				
	6:30 PM				<b>PURE STRENGTH</b> Angela			
	7:00 PM		<b>BARRE</b> Alex					
	7:15 PM	<b>YOGA FLOW VINYASA</b> Kim R						
	7:30PM				<b>Pilates</b> Alex			