



WESTWOOD PARK GROUP EXERCISE SCHEDULE

MARCH 3 – JUNE 15, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–7:00 MX4 Remix Vangie		6:00-7:00 MX4 Remix Emma		6:00-7:00 MX4 Remix Vangie		
7:30–8:30 MX4 Remix Vangie	8:00-9:00 Gentle Yoga Paula	7:30-8:30 MX4 Remix Emily	8:45-9:15 Mobilize & Activate Brooke	7:30-8:30 MX4 Remix Vangie 8:00-9:00 Yoga Sculpt Aaliyah	8:15-9:15 Boot Camp Bryan	8:15-9:30 Boot Camp Burn Rotating Instructors
9:15-10:15 MX4 Remix Jen 9:30–10:30 Beginner Line Dancing Janice	9:15-10:15 Pilates Paula 9:30-10:30 Group Cycling Melissa	9:15-10:15 MX4 Remix Jen 9:30-10:30 UpBeat Lift Kara	9:30-10:30 Dumbbell Endurance Brooke 9:30-10:30 Group Cycling Melissa	9:15-10:15 MX4 Remix Jen 9:15-10:30 Gentle Cycling/Yoga Ed	9:00-10:00 HIGH Rene 9:30-10:30 Group Cycling Megan/Emma 9:45-10:45 Circuit Cardio & Strength Bryan	9:30-10:30 Vinyasa Yoga Meredith M.
	11:00-11:45 SilverSneakers® Melissa	11:00-11:45 SilverSneakers® Melissa	11:00-11:45 SilverSneakers® Melissa	10:45–11:45 Senior Circuits Jen 11:00-12:00 Barre Blast Kara	NEW CLASS 10:15-10:45 Surge Strength Rene	Days and times subject to change.
1:00–2:00 Senior Circuits Skyla	12:30-1:15 Gentle Chair Yoga Paula 1:15-2:15 Senior Circuits Sabrina	1:00-2:00 Senior Circuits Skyla	12:00-1:00 Yin Yoga Marnie			Reservations required for all classes. Classes are 13+.
5:30-6:15 Cardio Strength Nicoshia 6:15-7:15 Functional Strength Colton 6:30-7:30 Cardio Dance Nicoshia	5:30-6:30 Body Blast Patty 6:00-7:00 Group Cycling Megan	NEW CLASS 5:30-6:30 SHiNE Dance Fitness Katherine 6:00-7:00 Circuit Cardio & Strength Vangie	6:00-7:00 Group Cycling Matt NEW CLASS 6:30-7:30 Barre Pilates Fusion Michelle		Color Location Key: Black: MX4 Turf Orange: Cycling Studio Blue: Studio	For your safety and the safety of others, please do not enter class more than 10 minutes after start time.

Last edited 3.30.25

Class Descriptions

Barre Blast: Barre incorporates movement from ballet, Pilates and functional movement training to increase muscular endurance and improve mobility and flexibility. This low impact workout moves to the beat of fun tunes and feels more like a party. Level 2

Barre Pilates Fusion: Pilates, ballet and functional fitness are combined to achieve the perfect balance of strength, mobility and stability. We incorporate small isolated movements to fatigue the muscles, large range motions to elevate the heart rate, and sequencing to music to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished. Level 2

Body Blast: A total body aerobic and strength conditioning workout. This class combines full-body strength training with high intensity cardio bursts designed to build muscular strength, boost cardiovascular endurance, and improve overall fitness. Level 2

Boot Camp: 60 minutes of muscle strengthening combined with cardio intervals to give a kick-start to your morning. Leave motivated and ready to take on the day! Can be differentiated to accommodate all fitness levels. Level 2/3

Boot Camp Burn: One of our most challenging class offerings. Each class is fast-paced and incorporates a full body workout via cardio, strength/weights, & bodyweight exercises. Please arrive early and warmed up before class start time. Get ready to work hard! Level 3

Cardio Dance: What better way to exercise than dance? Get your cardio in while dancing to your favorite songs! Level 2

Cardio Strength: A mixture of cardio, strength and core using different equipment and bodyweight exercises. Level 2

Circuit Cardio & Strength: This class has it all: cardio, strength & core all within a circuit format. Level 2/3

Dumbbell Endurance: Strength training incorporating dumbbells and bodyweight exercises that will tone your muscles, increase heart rate, and build muscular endurance. Level 2/3

Functional Strength: The class will focus on functional strength training through compound movements & exercises. Class designed for those who have experience in lifting and want a smaller class setting for additional form support. Level 2/3

Gentle Chair Yoga: This 45-minute class includes a variety of stretching, breathing and functional strength. The instructor will lead the class with chair-based movement, but if members want to progress to floor work, that can also be provided. All levels welcome. Level 1

Gentle Cycling/Yoga: A 30-minute ride followed by a 30-minute yoga class. This class will give you the perfect balance of cardio, flexibility and strength. Level 1 ***If you are new to Group Cycling, please plan to arrive 15 minutes early to review proper bike setup.**

Gentle Yoga: A gentler version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners. Level 1

Group Cycling: High intensity indoor cycling workout simulating hills, valleys, peaks and flat roads. Level 2

HIGH: Aerobics is back! Bigger, Better, and HIGHer! Experience a modern twist on aerobics in a non-stop action-packed hour of cardio and toning tracks that will take your fitness to the next level. Go high or go low, but you will always leave feeling HIGH! Level 2

Mobilize & Activate: Mobility and activation drills will warm up your muscles and joints to prepare for cardio or strength training exercise. All levels welcome

MX4 Remix: Join the fun and come ready for a high intensity workout that offers a mix of power, strength, cardio, endurance and a fifth station created by the instructor. Work in varying intervals each week. Level 2/3

Pilates: This routine will lengthen and tone your muscles, and improve strength and flexibility. It will develop body core strength needed for everyday activities. Level 2

Senior Circuits: Build lasting strength with this total body strength circuit designed for active older adults. Level 1/2

SHiNE Dance Fitness: A high-energy, easy-to-follow dance fitness class rooted in jazz, ballet and hip hop. Designed for all dance abilities. You'll get a full-body workout while dancing to the newest pop and hip hop music. All levels welcome

SilverSneakers®: Cardio circuit, muscular strength, range of motion, and activity for daily living. Perfect for active older members. Level 1

Surge Strength: A targeted weight training workout that will leave you feeling lean and strong. High-repetition strength tracks, using dumbbells and your own bodyweight, will strengthen, shape and tone every muscle in your body. Level 2

UpBeat Lift: Build muscle strength by combining pure strength supersets with progressive overload endurance training, isolating muscle groups and working to failure with heavy weights, then working to build endurance in drop-sets. The class rocks popular tunes, choreographed for an intense and accessible muscular strength workout for a wide range of fitness levels. Level 2

Vinyasa Yoga: Join us in this faster paced full body workout. Move your spine in all 6 directions, gain strength/balance/flexibility and open your hips and shoulders. Class moves breath to movement, so expect to sweat. All poses can be adapted to your level of intensity. Level 2/3

Yoga Sculpt: A yoga-inspired class utilizing weights, core strength and conditioning. Get your heart pumping while connecting movements with breath. Class will flow through a series of yoga sequences, with the addition of weighted movements to increase the level of challenge. Leave feeling strong and energized! Level 2

Class Level Descriptions

1 = Beginner / Basic Level

2 = All Levels. Can be modified to meet beginner needs or intermediate/advanced needs.

3 = Intermediate / Advanced: Recommended for experienced participants with a strong fitness base.