



WESTWOOD PARK GROUP EXERCISE SCHEDULE

SEPTEMBER 8 – DECEMBER 14, 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		Days and times subject to change.
7:30–8:30 MX4 Remix Vangie	8:00–9:00 Gentle Yoga Paula	7:30–8:30 MX4 Remix Leneai	8:15–9:15 Yoga for You 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 Weekend Workout Emma/Patty *Class format will vary, depending on instructor.
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 9:30–10:30 Group Cycling Margaret	9:00–10:00 HIGH Rene 9:30–10:30 Group Cycling Megan G./ Emma 9:45–10:45 Circuit Cardio & Strength	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	10:15–10:45 Surge Strength Rene	10:45–11:45 Pilates Meredith M.
1:00–2:00 Senior Circuits Sabrina	12:30–1:15 Gentle Chair Yoga Paula	1:00–2:00 Senior Circuits Skyla	12:00–1:00 Yin Yoga Marnie 1:00–2:00 Senior Circuits Sabrina			Reservations required for all classes. Classes are 13+
5:30–6:20 Cardio Strength Nicoshia 6:00–7:00 MX4 Remix Sam 6:30–7:15 Cardio Dance Nicoshia	6:00–7:00 Group Cycling Megan G.	5:30–6:30 SHiNE Dance Fitness Katherine 6:00–7:00 Group Cycling Margaret 6:00–7:00 Circuit Cardio & Strength Vangie	6:00–7:00 Group Cycling Matt		Color Location Key: Black: MX4 Turf Orange: Cycling Studio Blue: GX Studio	For your safety and the safety of others, please do not enter class more than 10 minutes after start time.

Last edited 10.16.25

Class Descriptions

Beginner Line Dancing: Exercise your brain while you exercise your body. We will cover basic steps and move on to dances that put these steps together. No partner is needed. Level 1

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. 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

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. Level 1

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

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. Level 2

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

Weekend Workout: Class format varies week to week. Depending on the instructor, this class will be run as either Circuit Cardio & Strength or Boot Camp Burn (see descriptions above). Level 2/3

Yoga for You: A Kripalu lineage yoga practice that in which your breath guides your movement and held postures. A mind-body workout that will leave you feeling centered and strong. Level 2

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.