



WESTWOOD PARK GROUP EXERCISE SCHEDULE

JUNE 29 – SEPTEMBER 13, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–7:00 MX4 PLUS Vangie	6:00–7:00 Hybrid Power Engine Gig	6:00–7:00 MX4 PLUS Emma	6:00–7:00 Hybrid Power Engine Gig	6:00–7:00 MX4 PLUS Vangie		Days and times subject to change.
7:30–8:30 MX4 Remix Vangie 8:00–9:00 Gentle Slow Flow Donna STARTS 7/6	8:00–9:00 Gentle Yoga Meredith M.	7:30–8:30 MX4 Remix Leneai 8:00–9:00 Yoga Flow Into Yin Jennie STARTS 7/8	8:15–9:15 Yoga for You Brooke	7:30–8:30 MX4 Remix Vangie	8:15–9:15 Boot Camp Bryan	8:15–9:15 Vinyasa Yoga Will 8:15–9:30 Weekend Workout Rotating Instructors *Class format varies with instructor
9:15–10:15 MX4 Remix Jen 9:30–10:30 Beginner Line Dancing Janice	9:15–10:15 Pilates Meredith M. 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 Yin Yoga Lauren R.	9:00–10:00 HIGH Rene 9:30–10:30 Group Cycling Emma 9:45–10:45 Circuit Cardio & Strength Bryan	9:30–10:30 Pilates Meredith M.
	11:00–11:45 SilverSneakers® Melissa	11:00–11:45 SilverSneakers® Melissa	11:00–11:45 SilverSneakers® Melissa	10:45–11:30 Baby & Me Yoga Lauren R. LAST CLASS 8/21 10:45–11:45 Senior Circuits Jen	10:15–10:45 Surge Strength Rene	10:45–11:45 Yoga Meredith M.
1:00–2:00 Senior Circuits Vangie	12:30–1:15 Gentle Chair Yoga Donna	1:00–2:00 Senior Circuits Vangie	12:00–1:00 Yin Yoga Marnie			Reservations required for all classes. Classes are 13+
5:30–6:20 Cardio Strength Nicoshia 6:30–7:15 Cardio Dance Nicoshia	6:00–7:00 Group Cycling Megan	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 6.30.26

Class Descriptions

Baby & Me Yoga: Bond with your baby while reconnecting with your body in a warm, welcoming community environment. This class focuses on gentle postpartum recovery, stress relief, and mindful movement for parents and caregivers. It is a wonderful opportunity to build strength, breathe deeply, and connect with other local families. Class is designed for babies ages 6 weeks up to crawling.

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 Slow Flow: Move with intention in this gentle, all-levels yoga class designed to help you slow down, connect, and feel grounded. Through mindful breathwork and a steady, unhurried flow, you'll explore the connection between breath and movement while building balance, mobility, and gentle strength. Each class offers accessible postures and thoughtful transitions that encourage awareness, stability, and ease in the body. 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

Hybrid Power Engine: A high energy, total body conditioning class blending functional strength, core stability and metabolic training. Using a rotating station format, you will move through a variety of targeted exercises. Designed for those ready to elevate their performance, this class provides a structured, high intensity environment to help you build your strength and endurance. Level 2/3

MX4 PLUS: A faster paced, more challenging circuit style class. MX4 PLUS has more stations, more exercises and shorter rest periods. Join us in the 6-station circuit formatted class which incorporates a mix of strength, cardio, power and the trainer's pick of targeted muscles groups. Level 3

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. 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

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 six directions, gain strength/balance/flexibility & open your hips and shoulders. Class matches breath to movement, so expect to sweat. All poses can be adapted to your level of intensity. Level 2/3

Yoga: Practice focusing on flowing yoga movement, breathing and meditation. Level 2

Yoga for You: A Kripalu lineage yoga practice 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 Flow into Yin: The first half of class focuses on connecting breath with movement as we flow through a series of poses encouraging effort and ease through strength and balance. During the second half, we'll hold poses for time allowing the body to release tensions on a deeper level and the mind to slow down. All levels welcome

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.