



WESTWOOD PARK GROUP EXERCISE SCHEDULE

SEPTEMBER 14 – DECEMBER 6, 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		
7:30–8:30 MX4 Remix Vangie	8:00–9:00 Gentle Yoga Meredith M.	7:30–8:30 MX4 Remix Leneai	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 HIGH Rene NEW TIME	8:15–9:15 Yoga Will 8:15–9:30 Weekend Workout Rotating Instructors <i>*Class format varies with instructor</i>
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	9:30–10:00 Surge Strength Rene NEW TIME 9:30–10:30 Group Cycling Emma 9:45–10:45 Circuit Cardio & Strength	For your safety and the safety of others, please do not enter class more than 10 minutes after start time.
	11:00–11:45 SilverSneakers® Melissa	11:00–11:45 SilverSneakers® Melissa	11:00–11:45 SilverSneakers® Melissa	10:00–11:00 Yin Yoga Lauren R. 10:45–11:45 Senior Circuits Jen		Classes are 13+ Reservations required for all classes.
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			Days and times subject to change.
5:30–6:20 Cardio Strength Nicoshia 6:30–7:20 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	Check the YMCA360 app for the most updated schedule information.

Last edited on 9.29.26

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. 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. This class is 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

Yin Yoga: Hold poses longer, giving you space to turn inward, tune into both mind and body, and stretch those rarely used muscles. Level 1

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

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.