

# Group Exercise - Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	<b>Strength Intervals</b> (Kylie) (5:20)		<b>NEW!!! Boot Camp Intervals</b> (Lauren W.)		<b>Strength Intervals</b> (Kylie) (5:20)		
8:00am	<b>Stretch and Strength</b> (Barb)	<b>Beyond Barre</b> (Barb)	<b>Intervals</b> (Chris)		<b>Functional Strength and Balance</b> (Lisa N.B.)	<b>BodyPump</b> (Yvonne)	
9:00am	<b>Zumba</b> (Sharon)	<b>STRONG</b> (Jen)	<b>BodyCombat</b> (Sharon)	<b>Total Barre</b> (Elizabeth)	<b>Intervals</b> (Lauren W.)	<b>Cardio Kickboxing</b> (Sarah)	<b>Body-Combat</b> (9:30) (Rotation)
10:00a	<b>BodyPump</b> (Sharon)	<b>Zumba Gold</b> (Sharon)	<b>BodyPump</b> (Sharon)		<b>Strength Intervals</b> (Kylie)	<b>Zumba</b> (Sharon/Jen) In the gym (10:15)	
					<b>Sit To Be Fit</b> (Lisa N.B.) (Yoga Studio)	<b>Core/Stretch Express</b> (Sarah)	
11:00a	<b>Structurally Strong</b> (11:15) (Shelly)	<b>Rock Steady Boxing</b> (Maddy) (Fee based) (11:30)		<b>Rock Steady Boxing</b> (Maddy) (Fee based) (11:30)	<b>Structurally Strong</b> (11:15) (Lisa/Chris)		
1:00p	<b>Rock Steady Boxing</b> (Maddy) (Fee based)		<b>Rock Steady Boxing</b> (Maddy) (Fee Based)				
2:15p	<b>Rock Steady Boxing</b> (Maddy) (Fee based)		<b>Rock Steady Boxing</b> (Maddy) (Fee based)				
4:30pm			<b>Beyond Barre</b> (Shelly) <b>(4:25)</b>	<b>Beyond Barre</b> (Shelly) <b>(4:30)</b>			
5:30pm	<b>Mix Tape Mondays</b> (5:15)	<b>Cardio Kickboxing</b> (Sarah)	<b>STRONG 30</b> (Jen) (5:45)	<b>BodyPump</b> (Lauren S.)			
6:30pm		<b>Core/Stretch Express</b> (Sarah)	<b>Zumba</b> (6:15) (Jen)				

- All Classes are 55 minutes unless it is designated as an express class.
- All express classes are 25-30 minute classes.

# Group Exercise Studio

## BodyCombat – Les Mills

This empowering cardio workout is inspired by martial arts including karate, boxing, taekwondo, tai chi, and Muay Thai Supported by driving music and a powerful role-model instructor, you will strike, punch, kick, and kata your way through calories to superior cardio fitness!

## BodyPump– Les Mills

The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

## Rock Steady Boxing

Rock Steady Boxing is a health and wellness program designed for people in all stages of PD, including those who have just been diagnosed and those who have been living with PD debilitation for decades. Rock Steady Boxing helps Parkinson's patients to move easier and safely while improving their posture, gait, flexibility, and resistance to injury.

\*8-week Fee based class for Parkinsons. Please contact Anne for more information

[abarber@westwoodfitness.org](mailto:abarber@westwoodfitness.org)

## Structurally Strong

This class is geared for those with osteoporosis, although anyone is welcome to attend. Join in our activity program for stronger bones and a stronger structure.

## Sit to be FIT

Improve fitness while sitting and/or using your chair for support. Includes light weights, bands, stretching, and body weight exercise. Recommended for those who have limited mobility and want to improve strength and balance.

## Intervals

Interval training classes are the perfect way to break a sweat on your wellness journey! With varying levels of equipment and intensity, you'll be sure to burn a ton of calories and comradery as you work your way through class.

## Zumba

Zumba is an aerobic dance class full of Latin and other exotic music flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba targets areas such as the gluts, legs, arms, abdominals and the most important muscle of the body - the heart! The sexy and explosive Latin rhythms create a party-like atmosphere that delivers results!

## STRONG

This challenging music driven high intensity interval training work out will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

## Zumba Gold

Zumba Gold is performed at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used. The Zumba® Gold program takes physical issues into consideration and strives to improve balance, strength, flexibility.

## Stretch and Strength

This class is designed to loosen up tight and/or over-worked muscles, improve joint mobility, range of motion and for better physical fitness performance. Along with mindful stretching, core, balance work, and breathing techniques are incorporated to deepen the stretch and increase flexibility.

## Mix Tape Mondays

This class is a rotating mix of different formats to keep your body guessing. Freestyle, Interval, BodyPump and BodyCombat are the formats that will be mixed in with different instructors each week to get you the results you want.

## Boot Camp Intervals

Bootcamp is a high-intensity interval training (HIIT) class that combines cardio and strength training with alternating periods of intense and lighter activity. This group atmosphere will strive to create a sense of community and motivation to kick off your morning on the right foot.

# Class Descriptions

## Strength Intervals

This format combines a variety of high intensity cardio intervals with strength training drills to burn fat while increasing core stability, coordination, strength and muscular endurance. Get ready to build a stronger, fitter you!

## Core /Stretch Express

This quick paced half hour long class format will allow you to get in a fantastic core strengthening session to allow you to target your core and back as well as get a quality stretch in after working your muscles. This is the perfect start or end to you a class!

## Total Barre

Never dread a workout again! Total Barre's lively and vigorous workout will have you looking forward to your next class. This workout flows through high-powered sequences that specifically target the arms, legs, and core resulting in a long and lean physique. (Please wear sticky socks or bare feet)

## Cardio Kick Box

Cardio Kick Box is an all-encompassing workout that maintains high levels of aerobic performance to get your heart pumping. The class combines interval training with boxing moves and kicking maneuvers designed to maximize athletic performance

## Beyond Barre

Beyond barre is a unique body transformation workout that combines skating motions and ballet barre work. This class will burn fat, build lean muscle, tone your abdominals, and sculpt your body.

## Functional Strength and Balance

This interactive class will provide a fun, upbeat atmosphere along with strategically planned fitness movements to help you improve your balance, strength, and flexibility. This class is open to ages and ability levels.