<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 am</td>
<td>BodyPump</td>
<td>Intervals</td>
<td>Glide/Strength</td>
<td>Cardio Kickboxing</td>
<td>Intervals</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>(5:15 am)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:45 am</td>
<td>Core Express</td>
<td></td>
<td></td>
<td></td>
<td>Core Express</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 am</td>
<td>Cardio/Tone</td>
<td>Super Circuits</td>
<td>Total Barre</td>
<td>Total Barre (8:10)</td>
<td>Total Barre (8:30)</td>
<td>BodyPump</td>
<td>Total Barre</td>
</tr>
<tr>
<td>9:00 am</td>
<td>BodyCombat</td>
<td>BodyPump</td>
<td>BodyCombat</td>
<td>BodyAttack</td>
<td>Intervals (In the Gym)</td>
<td></td>
<td>Cardio Kickbox</td>
</tr>
<tr>
<td>10:00 am</td>
<td>BodyPump</td>
<td>Zumba Gold</td>
<td>BodyPump</td>
<td>Zumba Gold</td>
<td>BodyPump</td>
<td>Zumba (In Gym) BEGINS 11/5</td>
<td>Cardio Kickbox BEGINS 11/6</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Structurally Strong</td>
<td>Zumba Toning</td>
<td>Structurally Strong</td>
<td>Zumba Toning</td>
<td>Structurally Strong</td>
<td>Zumba (In Gym) ENDS 10/29</td>
<td></td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Zumba</td>
<td>Intervals (In Gym) (5:00)</td>
<td>Intervals</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5:30 pm</td>
<td>Core Express</td>
<td>BodyPump</td>
<td>Cardio Core (5:00)</td>
<td></td>
<td>Zumba (5:00 p.m.)</td>
<td></td>
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<tr>
<td>6:00 pm</td>
<td>Cardio Kickbox</td>
<td></td>
<td>Zumba</td>
<td>BodyPump</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Zumba (In Gym)</td>
<td>Zumba Toning</td>
<td></td>
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</tr>
<tr>
<td>7:00 pm</td>
<td>Total Barre</td>
<td></td>
<td>Total Barre</td>
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</tbody>
</table>

Schedule is subject to change with out notice. An average of 6 members are needed for a class to be continued.

Schedule is ongoing and changes will be noted for classes being added/removed. All classes are 55 minutes long unless otherwise indicated. Express classes are 30 minutes long.

Revised 10/18/2016
www.westwoodfitness.org
Group Exercise Classes
Included in your membership to the West Wood Health and Fitness Center are Fitness Classes held on the 2nd floor in the Group Exercise and Cycle Studios. If you would like any more information, please call the Group Fitness Manager, at 513-7204.

BodyAttack – Les Mills
This a high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises. The powerful music and dynamic instructor will motivate you towards your fitness goals.

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!

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.

Cardio Core
This quick paced hour long class will allow you to get a fantastic cardio work out along with core strengthening to allow you to get in a great workout right after work.

Cardio/Tone
Blend it all - Cardio, strength, flexibility, toning, aerobic steps, circuit and interval training with so much more. This class is great for all fitness levels you can make it what you need it to be.

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!

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.

Zumba Toning
If you love Zumba, you'll love Zumba Toning! Blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

Glide/Strength
This class is perfect for your mid week recovery. With the use of light weights and body weight you will tone your legs and arms as well as strengthen your core. This class is perfect for all ages and abilities.

Intervals
Playground fun with boot camp results! This class combines high intensity cardio intervals with strength training drills, burning fat while increasing core stability, coordination, strength and muscular endurance. Get ready to build a better you!

Core Express
Thirty Minutes of working, shaping, and sculpting the core! This fast paced class is sure to work your abdominals, oblique’s, and back.

Super Circuits
Are you looking for a good sweat and to challenge your body? Circuit classes are great for people who want to combine a strength and aerobic routine in one workout. This class is great for beginners to advanced levels with a lot of options to modify intensity levels. If you want a really fun and fast-paced workout you will love our circuit class!

Total Barre
Never dread a workout again! TotalBarre’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