



# Westonka Fitness Program

## Group Fitness Schedule



\*Class schedule subject to change based on attendance

**ACTIVITY CENTER**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Bootcamp w/ Jen *45 min		Bootcamp w/ Jen *45 min			
6:30 AM		Core Blast w/ Melissa *30 min		Rise & Grind w/ Melissa *30 min	Bootcamp w/ Jen *45 min	
8:15 AM	Yoga Flow w/ Hannah *45 min	TRX-All Level w/ Katie *1 hr	Yoga Flow w/ Hannah *45 min	Barre w/ Hannah *45 min		Sunrise Yoga w/ Amy *45 min
9:15AM	Barre w/ Hannah *45 min		HIIT Fit w/ Hannah *45 min	HIIT Fit w/ Hannah *45 min	Step & Strength w/ Jen *45 min	
4:30 PM		SHiNE Dance Fitnessw/ Kathleen *45 min				
5:00 PM	STRONGER w/ Jen *45 min					
5:15 PM		Music & Muscle w/ Kathleen *45 min		Music & Muscle w/ Kathleen *45 min		
5:30 PM			Yin Flow w/ Victoria *45 min			
6:00 PM		Yoga Flow w/ Victoria *45 min		SHiNE Dance Fitnessw/ Kathleen *45 min		