



Dedicated to Your Health & Fitness

Fitness Class Schedule

\$5.00 per Class / \$55.00 for 14 Class Punch Card
 Free for All Westside Fitness Gym or Group Fitness Members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All 6AM classes are 1/2 Hour →	6AM Big Ball <i>Brandy</i>	6AM Rise & Shine Bootcamp <i>Aaron</i>	6AM Big Ball <i>Brandy</i>	← All 6AM classes are 1/2 Hour	
9AM Zumba <i>Brandy</i>	9AM 20/20/20 <i>Sadie</i>	9AM Zumba <i>Brandy</i>	9AM Bootcamp <i>Sadie</i>		9AM HIIT/Kick <i>Michelle</i>
					10AM Pilates <i>Michelle</i>
5:30PM Sockitume <i>Craig</i>	5:30PM Bootcamp <i>Craig</i>		5:30PM Sockitume <i>Craig</i>	5:30PM Yoga <i>Danielle</i>	
6:30PM Core/Stability/Toning (CST) <i>Rebekah</i>	6:30PM Power Sculpt <i>Michelle</i>	6:30PM Abs-so-Glutely <i>Michelle</i>	6:30PM Zumba <i>Brandy</i>		

STAY-N-PLAY 4 KIDS

9:00am - 12:00Noon

Monday thru Friday

They play while you keep fit!

We also offer personal training, nutrition planning, a fitness drink bar, and supplements and vitamins.

Tanning and therapeutic massage are available at Almost Paradise Tanning and MassageWest.

WE WILL BE ADDING CLASSES, SO VISIT OUR WEBSITE FOR UPDATES AND OUR MONTHLY SPECIALS!

www.westsidefitness.net

YOGA/PILATES (beginner - intermediate)

The emphasis is to strengthen the abdominals, improve posture, stabilize and lengthen the spine, improve balance and overall strength. Emphasizing control, precision and concentration in both the mind and the body, movements are not performed rapidly or repeated excessively instead, the focus is on quality not quantity. The abdominal muscles and lower back serve as the center of all movement, allowing the rest of the body to move freely. The six principles – concentration, control, centering, breathing, flow and precision – train the body to move efficiently with minimal impact on the body.

TO THE CORE (beginner - advanced) Non-impact exercise targeting the abdominals, lower back, and glutes. Great companion to your cardio workouts!

BASICS ON THE BIG BALL: These fun 30 minute classes are designed to get participants to isolate their ‘core’ (abdominals/low back) while doing toning exercises. The Basics class is not an aerobics class, depending on the participants ability and agility to move quickly from sitting on the ball to the floor in different positions as they improve it could serve as low intensity aerobics, and strengthening the muscles will burn fat. There is a 5 minute warm up to get the muscles warm, 20 minutes of exercise and 5 minutes of cool down/stretch.

ZUMBA (beginner to intermediate) Zumba combines high energy and motivating music with unique moves and combinations. A fusion of Latin and International music/dance themes create a dynamic, exciting, effective fitness system – maximizing caloric output, fat burning and total body toning. Body sculpting movements with easy to follow dance steps. It’s a “feel-happy” workout!

POWER SCULPT (beginner/advance) Step, Cardio Kick techniques and resistance training combine for a total body sculpting and cardio respiratory fitness class sure to increase strength and endurance.

HIIT/KICK (intermediate to advanced) High Intensity Interval Training using kick boxing and classic aerobic techniques. Large muscle groups and quick movements increase heart rate and improve overall fitness level.