

**April 2022**
**Group Fitness/Spinning/Yoga Schedule**
**Build your own fitness regimen-achieve your fitness goals! Commit to be Fit!**  
**Health starts here.**

Cardio	Strength	Mind/Body	Spinning	Low Impact
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am Weekend Warrior KK	5:15 am Spinning EC	8:45 am Spinning JS	5:15 am Spinning EC	8:45 am Spinning & Abs JS	5:15 am Spinning EC	8:00 am Total Body Workout DK
	8:00-8:45 am Morning Boost JS	10:30 - 11:15 am Body & Balance KW	8:00-8:45 am Morning Boost JS	9:15-10:00 am TRX LW	8:30-9:15 am Morning Boost JS	8:00 am Spinning EC
	8:45-9:15 am Spinning Express LW		8:45-9:15 am Spinning Express LW	10:30-11:15 am Body & Balance MS	10:30 am Hatha Yoga MF	9:00 am TRX EC
	10:30 am Yoga Fit MS		9:15-10:00 am Pilates LS			9:00 am Spinning DK
			10:30 am Hatha Yoga MF			9:30 am Yoga Fit SW
						10:30-11:15 am Cardio Kickboxing (starts 4/9) DL
	5:30 pm Step/Strictly Strength RT	5:30 pm Just Weights KK	5:15 pm Step/Strictly Strength RT	5:15 - 6:00 pm Tabata KK		
	5:30 pm Spinning DK	5:30 pm TRX EC	5:15 pm *Greatest HIITS CA	5:30 pm TRX EC		
	5:30 - 6:15 pm Strengthen & Sculpt (in TRX room) BV	6:30 pm Zumba BG	5:30 pm Spinning DK	6:30 pm Spinning DK		
	6:30 pm Spinning LK	6:30 pm Spinning KK	6:30-7:00 pm Strength Training Express DK	6:30 pm Hatha Yoga BG		
	6:30 pm Pilates LS					

Please remember to social distance and bring your own mat to class. If you are sick, please refrain from coming to class. As a reminder, you can sign up for classes 7 days in advance using the Court Reserve app.

\*Class held on Court 1/Greatest HIITS-Members \$10/Non-members \$12

Spinning classes are 45 minutes unless noted

All group fit/yoga classes are 1 hour unless noted

Walk-in rate \$20/person for all yoga/group fit/spin classes

Instructor subject to change

**Western Athletic Club**  
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[www.westerntfc.com](http://www.westerntfc.com)