

Group Fitness Class Schedule

All indoor classes have a virtual option

(except TRX/Sculpt, Tuesday morning Pilates and Wednesday morning yoga)

[Click Here to Register Now!](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:55am Body Sculpt Weldon or Virtual Jean	8:00-8:55am Senior Fitness Weldon or Virtual Lilian	7:15-8:10am Cycle & Abs Outside Jackie	7:00-7:55am Pilates Outside Dominique	8:00-8:55am Barre Weldon or Virtual Jenny	8:30-9:25am Cycle & Strength Outside Stew
10:00-10:55am HIIT Outside Jenny	9:00-9:55am Pilates Outside Kathy	8:00-8:55am Body Sculpt Weldon or Virtual Jean	8:00-8:55am Senior Fitness Weldon or Virtual Lilian	9:30-10:25am Kickboxing Virtual Natalie	9:45-10:40am RIPPED Outside Jenny
11:15am-12:10pm Senior Fitness Weldon or Virtual Jenny	10:00-10:55am Yoga Weldon or Virtual Ranji	9:00-9:55am Pilates Virtual Kate	9:00-9:55am Zumba! Gym or Virtual Peggy	9:45-10:40am Yoga Weldon or Virtual Roberta	
6:00-6:55pm Dance Fitness Virtual Natalie	11:30am-12:25pm Delay the Disease Virtual or Weldon Jean	9:30-10:25am Yoga Weldon Madeline	10:00-10:55am Yoga Virtual Liz	11:15am-12:20pm Ageless Grace Weldon or Virtual Roberta	
	6:00-6:55pm Cycle & Strength Outside Erin	9:45-10:40am Cardio Sculpt Virtual Natalie	11:30am-12:25pm Project Healthy Bones Weldon or Virtual Myriam	12:45-1:40pm TRX/Sculpt Weldon Tonya	
	7:00-7:55pm Yoga Weldon or Virtual Sandeep	11:15am-12:105pm Senior Fitness Weldon or Virtual Betsy		6:00-6:55pm Yoga Weldon or Virtual Ranji	
		12:45-1:40pm TRX/Sculpt Weldon Tonya			
		5:00-5:55pm Cycle & Strength Outside Stew			
		7:00-7:55pm Body Sculpt Weldon or Virtual Christina			

GROUP FITNESS Class Descriptions

All classes included with a Full Membership

Ageless Grace

A movement class designed to be done seated in chairs. It is exercise for the body and brain which incorporates functional movements and imagination for a stimulating, low impact way to stay healthy and fit!

Barre

Strengthen your core and improve balance while toning, sculpting and lengthening the muscles of your entire body.

Body Sculpt

Full body workout improves strength and joint stability using functional moves.

Cardio Sculpt

Increase your cardio capacity and gain strength. Class combines running and strength exercises, so bring your running shoes. Intervals, body weight exercises and more.

Cycle & Abs

30-40 minutes of high octane cycling followed by abdominal work and stretching.

Cycle & Strength

Approximately 30 minutes of cycle followed by strength and core work. Feel free to bring your own weights.

Dance Fitness

This high intensity class will have you dancing and sweating!

Delay the Disease: Exercise to Fight Parkinson's Symptoms

This unique program incorporates strength, flexibility, balance and cardiovascular exercises to help soothe tremors, improve posture, smooth steps and increase overall well-being.

HIIT

This is a full body workout which uses interval training with high intensity exercises. Improve your cardio, strength and endurance!

Kickboxing

Learn modern boxing techniques, footwork and conditioning skills. A great workout.

Pilates

Improve core strength and balance, increase flexibility and enhance athletic performance.

Project Healthy Bones

This low impact class is designed for those with osteoporosis or who are at risk of developing it. Build strength and improve posture and balance.

R.I.P.P.E.D.

Challenge your cardio and endurance levels through resistance, interval, power, plyometric & endurance training.

Senior Fitness

Improve cardiovascular endurance, muscular strength, balance and coordination. Also appropriate for new or returning exercisers.

TRX/Sculpt

Develop strength, balance, flexibility and joint stability using your body weight, gravity and a TRX Suspension Trainer, an adjustable strap hung from an overhead anchor point.

YOGA

Breathing, relaxation and postures.

Zumba!

This Latin inspired dance fitness party works your entire body.

PERSONAL TRAINING

Our skilled and supportive personal trainers are excited to get you back in shape and feeling great! Help improve your health and wellness in a safe, effective way. Whether you are jump starting your fitness regimen, need post-rehab conditioning, or want sport-specific training, we work with you to meet your specific needs and goals.

For more information, or to schedule an appointment, please contact Greg Hatzisavvas, ghatzisavvas@westfieldnyj.org, 908-301-9622 x251.