

WESTERVILLE PARKS AND RECREATION



# Group Fitness Schedule

Spring 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6-7 a.m.</b> 240 X Complete Crittenden	<b>6-7 a.m.</b> 240 X Complete Aventino	<b>6-7 a.m.</b> 240 X Complete Martin	<b>6-7 a.m.</b> 240 X Complete Aventino	<b>6-7 a.m.</b> Tabata & Core Stolte-Carroll	<b>8:10-9:10 a.m.</b> Zumba Headings	<b>10:15-11:15 a.m.</b> All Weights Aventino
<b>8-8:45 a.m.</b> Low Impact Intervals Groselose	<b>9-10:15 a.m.</b> Gentle Yoga Candon <i>No Drop In</i>	<b>8-8:45 a.m.</b> Low Impact Intervals Groselose	<b>9:15-10:15 a.m.</b> Total Body Training Aventino	<b>8-8:45 a.m.</b> Low Impact Intervals McCann/Redd	<b>9:15-10:15 a.m.</b> Low Impact Aerobics Blaha	<b>12:15-1:15 p.m.</b> Piloxing Barre Headings <i>No Drop In</i>
<b>9:15-10:15 a.m.</b> All Weights Aventino	<b>9:15-10:15 a.m.</b> Total Body Training Aventino	<b>9:15-10:15 a.m.</b> Zumba Rose	<b>10:30-11:30 a.m.</b> Restorative Pilates Smith <i>No Drop In</i>	<b>9:15-10:15 a.m.</b> Kickbox Conditioning Aventino	<b>10:30-11:30 a.m.</b> Fit and Fabulous Hurtt	<b>1:30-2:25 p.m.</b> Family Zumba Rose
<b>10:20-11:20 a.m.</b> Strength and More Andes	<b>10:30-11:30 a.m.</b> Restorative Pilates Smith <i>No Drop In</i>	<b>10:25-11:25 a.m.</b> Tabata & Core Andes	<b>10:45-11:45 a.m.</b> Hatha Yoga Andes <i>No Drop In</i>	<b>10:25-11:25 a.m.</b> Muscles in Motion Redd		<b>2:30-3:30 p.m.</b> Strength and More Amici
<b>11:30 a.m.-12 p.m.</b> Kettle Bell Andes	<b>11:45 a.m. - 12:45 p.m.</b> Barre Work Out Smith <i>No Drop In</i>	<b>11:30 a.m. - 12:15 p.m.</b> Time 'Crunch' Toner Redd	<b>11:45 a.m. - 12:45 p.m.</b> Barre Work Out Smith <i>No Drop In</i>	<b>12-12:30 p.m.</b> Kettle Bell Andes		
<b>12:15-1 p.m.</b> Muscles in Motion Redd	<b>4:45-5:15 p.m.</b> Core Fusion Richard	<b>12:30-1 p.m.</b> Kettle Bell Andes	<b>12-12:45 p.m.</b> Lunchtime Power Yoga Andes <i>No Drop In</i>	<b>5:30-6:30 p.m.</b> Kickbox Conditioning Aventino		
<b>5:30-6:30 p.m.</b> Cardio Circuit Van Dop	<b>5:30-6:30 p.m.</b> Body Fit Richard	<b>5:30-6:30 p.m.</b> Rhythm & Resistance Scovern	<b>4:45-5:15 p.m.</b> Core Fusion Richard	<b>6:35-7:35 p.m.</b> Family Tae Kwon Do Green		
<b>6:35-7:35 p.m.</b> Zumba Kapustin	<b>6:30-7:30 p.m.</b> Power Yoga Pierson <i>No Drop In</i>	<b>6-7:30 p.m.</b> Essential Yoga Ross <i>No Drop In</i>	<b>5:30-6:30 p.m.</b> Body Fit Richard			
<b>7:45-8:45 p.m.</b> Hip Hop Cardio Henman	<b>6:30-7:40 p.m.</b> Great Shapes /Low Impact Blaha*	<b>6:35-7:35 p.m.</b> Hip Hop Cardio Headings	<b>6:15-7:15 p.m.</b> Yoga for Health > Surratt <i>No Drop In</i>			
	<b>6:35-7:35 p.m.</b> Step and Sculpt Hurtt	<b>7:35-9 p.m.</b> Arupa Yoga Ross <i>No Drop In</i>	<b>6:30-7:40 p.m.</b> Great Shapes /Low Impact Blaha*			
	<b>7:45-8:45 p.m.</b> Muscles in Motion Redd	<b>7:45-8:45 p.m.</b> Lift your Fit Henman	<b>6:35-7:35 p.m.</b> Step and Sculpt Hurtt			
	<b>7:45-8:45 p.m.</b> Yoga/Pilates Mix Pierson <i>No Drop In</i>		<b>7:30-8:30 p.m.</b> Yoga for Health > Surratt <i>No Drop In</i>			
			<b>7:45-8:30 p.m.</b> Muscles in Motion EXPRESS Scovern			

All classes are held at the Westerville Community Center unless otherwise noted.  
 Drop In Fitness Classes are based on availability, excludes Yoga and Pilates.  
 Rate per class: \$7.50 non-residents; \$5 residents

**Off-site Locations:**  
 > 64 E. Walnut Street  
 \*Hanby School