



SEPTEMBER

WESTSIDE FAMILY YMCA

GROUP EXERCISE

Hours of Operation
Mon-Thurs: 5:30am-9:00pm
Friday: 5:30am-7:30pm
Saturday: 7:30am-5pm
Sunday: 1pm-5pm

GROUP EX STUDIO A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME KELLY 5:30P PILATES LILA 6:30P	2 SS CLASSIC LAURA 10:00A	3 SS CIRCUIT KELLY 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	4 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	5 CIRCUIT JENNIFER 9:00A FAMILY MOVE TIME KELLY 10:00A
6	7 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	8 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME KELLY 5:30P PILATES LILA 6:30P	9 SS CLASSIC LAURA 10:00A	10 SS CIRCUIT KELLY 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	11 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	12 CIRCUIT JENNIFER 9:00A FAMILY MOVE TIME KELLY 10:00A
13	14 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	15 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME KELLY 5:30P PILATES LILA 6:30P	16 SS CLASSIC LAURA 10:00A	17 SS CIRCUIT DENISE 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	18 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	19 CIRCUIT JENNIFER 9:00A FAMILY MOVE TIME KELLY 10:00A
20	21 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	22 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME KELLY 5:30P PILATES LILA 6:30P	23 SS CLASSIC LAURA 10:00A	24 SS CIRCUIT KELLY 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	25 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	26 CIRCUIT JENNIFER 9:00A FAMILY MOVE TIME KELLY 10:00A
27	28 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	29 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME KELLY 5:30P PILATES LILA 6:30P	30 SS CLASSIC LAURA 10:00A			

PARENTS NIGHT OUT!

5:30 P.M. - 8:30 P.M.

EVERY SECOND FRIDAY OF MONTH

FREE CHILD CARE FOR MEMBERS!

NO PLACE
Like This Place





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GROUP EX STUDIO B

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 PILATES LILA 9:00A	2 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	3 YOGA SCULPT LILA 9:00A	4 NO CLASSES	5 NO CLASSES
6	7 TAI CHI JADEN 9:30A YOGA LILA 5:30P	8 PILATES LILA 9:00A	9 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	10 YOGA SCULPT LILA 9:00A	11 NO CLASSES	12 NO CLASSES
13	14 TAI CHI JADEN 9:30A YOGA LILA 5:30P	15 PILATES LILA 9:00A	16 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	17 YOGA SCULPT DENISE 9:00A	18 NO CLASSES	19 NO CLASSES
20	21 TAI CHI JADEN 9:30A YOGA LILA 5:30P	22 PILATES LILA 9:00A	23 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	24 YOGA SCULPT DENISE 9:00A	25 NO CLASSES	26 NO CLASSES
27	28 TAI CHI JADEN 9:30A YOGA LILA 5:30P	29 PILATES LILA 9:00A	30 TAI CHI JADEN 9:30A CYCLE 5:30P LILA			

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