OCTOBER
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 DENISE 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	2 CORE LILA 10:00A CIRCUIT LILA 11:00A	3 CIRCUIT KATINA 9:00A FAMILY MOVE TIME KATINA 10:00A
4	5 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	6 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME LILA 5:30P PILATES LILA 6:30P	7 SS CLASSIC LAURA 10:00A	8 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	9 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	10 CIRCUIT JENNIFER 9:00A
11	12 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	13 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME LILA 5:30P PILATES LILA 6:30P	14 SS CLASSIC LAURA 10:00A	15 SS CIRCUIT LAURA 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	16 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	17 CIRCUIT JENNIFER 9:00A FAMILY MOVE TIME KELLY 10:00A
18	19 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	20 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME KELLY 5:30P CORE KELLY 6:30P	21 SS CLASSIC LAURA 10:00A	22 SS CIRCUIT LAURA 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	23 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	24 CIRCUIT JENNIFER 9:00A FAMILY MOVE TIME KELLY 10:00A
25	26 SS CLASSIC KATHLEEN 10:00A STEP KATHLEEN 11:00A	27 SS CIRCUIT KATHLEEN 10:00A FAMILY MOVE TIME KELLY 5:30P PILATES LILA 6:30P	28 SS CLASSIC LAURA 10:00A	29 SS CIRCUIT KELLY 10:00A FAMILY MOVE TIME LILA 5:30P CIRCUIT /HIIT LILA 6:30P	30 CORE JENNIFER 10:00A CIRCUIT JENNIFER 11:00A	31 CIRCUIT JENNIFER 9:00A FAMILY MOVE TIME KELLY 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 YOGA SCULPT DENISE 9:00A CYCLE JAMAR 10:15A	2 NO CLASSES	3 NO CLASSES
4	5 TAI CHI JADEN 9:30A YOGA LILA 5:30P	6 PILATES LILA 9:00A CYCLE JAMAR 10:15A	7 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	8 YOGA SCULPT LIZ 9:00A CYCLE JAMAR 10:15A	9 NO CLASSES	10 NO CLASSES
11	12 TAI CHI JADEN 9:30A YOGA LILA 5:30P	13 PILATES DENISE 9:00A CYCLE JAMAR 10:15A	14 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	15 YOGA SCULPT LILA 9:00A CYCLE JAMAR 10:15A	16 NO CLASSES	17 NO CLASSES
18	19 TAI CHI JADEN 9:30A	20 PILATES KELLY 9:00A CYCLE JAMAR 10:15A	21 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	22 YOGA SCULPT LILA 9:00A CYCLE JAMAR 10:15A	23 NO CLASSES	24 NO CLASSES
25	26 TAI CHI JADEN 9:30A YOGA LILA 5:30P	27 PILATES DENISE 9:00A CYCLE JAMAR 10:15A	28 TAI CHI JADEN 9:30A CYCLE 5:30P LILA	29 YOGA SCULPT DENISE 9:00A CYCLE JAMAR 10:15A	30 NO CLASSES	31 NO CLASSES

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