



West View Recreation Center

GENERAL & SPECIALTY



General & Specialty Fitness Classes*

General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$100
- Specialty fitness class drop-in fee: \$12

General Class
Specialty Class

• = All levels ** = Intermediate/Advanced
= SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Cathy 8-8:45 a.m.	Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Coleen 8-8:45 a.m.	SilverSneakers Circuit® • Coleen 8-8:45 a.m.	REB3L Remix (Strength & Groove Combo) • Regina 8-9 a.m.
SilverSneakers Circuit® • Jennifer 9-9:45 a.m.	Body Flex • Kelly 9-9:45 p.m.	SilverSneakers Circuit® • Coleen 9-9:45 a.m.	Barre Gold • Kelly 9-9:45 a.m.	Flex and Stretch • Kelly 9-9:45 a.m.	
Gentle Flow Yoga • Monica 10-11 a.m.	Pilates Sculpt • Kelly 10-11 a.m.	Gentle Flow Yoga • Monica 10-11 a.m.	Pilates Sculpt • Kelly 10-11 a.m.	Mindful Flow Yoga • Adrien 10-11 a.m.	
	Yin Yoga / Deep Stretch • Adrien 11:15a.m.-12:45p.m.	Tai Chi • Bud 12-1 p.m.	Vinyasa Yoga • Kathleen 11:15a.m.-12:15p.m.	SilverSneakers Yoga® • Melissa 11:45 a.m.-12:45 p.m.	
SilverSneakers Yoga® • Irene 3-4 p.m.		SilverSneakers Yoga® • Irene 3-4p.m.			
Tabata • Monica 5:15-6:15 p.m.	Barre • Monica 5:15-6:15 p.m.	Flex & Stretch • Monica 5:15-6:15 p.m.			
Yogalates • Monica 6:30-7:30 p.m.		Yogalates • Monica 6:30-7:30 p.m.	REB3L Groove • 6:30-7:15 p.m. REB3L Strength • 7:15-7:45 p.m. Regina		

*Updated 2/27/26

*All classes listed are subject to change or cancellation.



West View Recreation Center

YOGA / MIND / BODY



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General Class
Specialty Class

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= SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Barre Gold • Kelly 9-9:45 a.m.		
Gentle Flow Yoga • Monica 10-11 a.m.	Pilates Sculpt • Kelly 10-11 a.m.	Gentle Flow Yoga • Monica 10-11 a.m.	Pilates Sculpt • Kelly 10-11 a.m.	Mindful Flow Yoga • Adrien 10-11 a.m.	
	Yin Yoga/ Deep Stretch • Adrien 11:15a.m.-12:15p.m.	Tai Chi • Bud 12-1 p.m.	Vinyasa Yoga • Kathleen 11:15a.m.-12:15p.m.	SilverSneakers Yoga® • Melissa 11:45 a.m.-12:45 p.m.	
SilverSneakers Yoga® • Irene 3-4 p.m.		SilverSneakers Yoga® • Irene 3-4p.m.			
	Barre • Monica 5:15-6:15 p.m.				
Yogalates • Monica 6:30-7:30 p.m.		Yogalates • Monica 6:30-7:30 p.m.			

*Updated 2/27/26

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West View Recreation Center

ACTIVE ADULT



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- Specialty fitness class FlexFit 10-visit punch card: \$100
- Specialty fitness class drop-in fee: \$12

General Class
Specialty Class

• = All levels •• = Intermediate/Advanced
= SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Cathy 8-8:45 a.m.	Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Coleen 8-8:45 a.m.	SilverSneakers Circuit® • Coleen 8-8:45 a.m.	
SilverSneakers Circuit® • Jennifer 9-9:45 a.m.		SilverSneakers Circuit® • Coleen 9-9:45 a.m.			
		Tai Chi • Bud 12-1 p.m.		SilverSneakers Yoga® • Melissa 11:45 a.m.-12:45 p.m.	
SilverSneakers Yoga® • Irene 3-4 p.m.		SilverSneakers Yoga® • Irene 3-4p.m.			

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