



WESTMINSTER

City Park Fitness Center - Yoga/Mind Body

January-April 2024

Fitness classes are on a drop-in first-come, first-serve basis with capacity limits for each class.

General and Specialty fitness class reservations are free for SilverSneakers, Renew Active, and City of Westminster pass holders. Non-pass holders will be required to pay a fee at the time of reservation.

• = All levels •• = Intermediate/Advanced

All classes are subject to change or cancellation at any time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Pilates Chair • Monica 5:45-6:45 a.m.		
Mindful Flow Yoga • Adrien 9-10 a.m.					Meditation • Irene 9-10 a.m.
	Barre • Becky 10-11 a.m.	Tai Chi • Bud 10:30 a.m.-11:30 a.m.	Mountain Strength Yoga • Tammy 10-11 a.m.	Silver Sneakers Yoga • Irene 10:15-11:15 a.m.	Power Yoga •• Robyn 9:15-10:15 a.m.
Barre • Trudi 11:45 a.m.-12:45 p.m.	Qi Gong • Sheryl 11:30 a.m.-12:30 p.m.		Qi Gong • Sheryl 11:30 a.m.-12:30 p.m.	Barre • Becky 11:45 a.m.-12:45 p.m.	
Tai Chi • Bud 12:45-1:45 p.m.	Mindful Flow Yoga • Mandy 11:15 a.m.-12:15 p.m.	Gentle Yoga • Mandy 12:45-1:45 p.m.	Pilates Mat • Monica 11:15 a.m.-12:15 p.m.	Tai Chi • Bud 12:45-1:45 p.m.	SUNDAY Barre • Kelly 9-10 a.m. Hatha Yoga • Kirsten/ Kathleen 10:30-11:30 a.m. Tai Chi • Ed 3-4 p.m. Gentle Yoga • Mandy 4:30-5:30 p.m.
Pilates Basic Chair • Trudi 1:15-2:15 p.m.		Pilates Basic Mat • Trudi 1:15-2:15 p.m.			
	Silver Sneakers Yoga • Trudi 2-3 p.m. Pilates Chair • Trudi 3:15-4:15 p.m.		Silver Sneakers Yoga • Kathleen 2-3 p.m.		
Barre • Kelly 4:30-5:30 p.m.	Pilates Mat • Trudi 4:30-5:30 p.m.	Pilates Chair • Debbie 4:30-5:30 p.m.	Pilates Mat • Debbie 4:30-5:30 p.m.	Barre • Charity 4:30-5:30 p.m.	
	Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.	Barre • Charity 5:45-6:45 p.m.	Vinyasa Flow Yoga • Robyn 5:45-6:45 p.m.		
Hatha Yoga • Mandy 7-8 p.m.	Restorative Yoga • Robyn 7-8 p.m.	Hatha Yoga • Adrien 7-8 p.m.	Restorative Yoga • Robyn 7-8 p.m.		

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