

# West View Recreation Center

January-April 2024



## General & Specialty Fitness Classes\*

Fitness classes are on a drop-in first-come, first-serve basis with capacity limits for each class. General and Specialty fitness classes are free for SilverSneakers, Renew Active, and City of Westminster pass holders. Non-pass holders will be required to pay a fee.

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® • Colleen/Cathy 8-8:45 a.m.	Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Cathy 8-8:45 a.m.	SilverSneakers Circuit® • Coleen 8-8:45 a.m.	
SilverSneakers Circuit® • Kelly 9-9:45 a.m.		SilverSneakers Circuit® • Coleen 9-9:45 a.m.	Barre • Kelly 9-9:45 a.m.	Flex and Stretch • Kelly 9-9:45 a.m.	
Gentle Flow Yoga • Monica 10-11 a.m.	Zumba® Gold • Annette 10-11 a.m.	Gentle Flow Yoga • Monica 10-11 a.m.		Mindful Flow Yoga • Adrien 10-11 a.m.	
	Gentle Flow Yoga • Solo 11:45a.m.-12:45 p.m.	Tai Chi • Bud 12-1 p.m.	Gentle Flow Yoga • Solo 11:45a.m.-12:45 p.m.	SilverSneakers Yoga® • Melissa 11:45 a.m.-12:45 p.m.	
SilverSneakers Yoga® • Irene 3:30-4:30 p.m.		SilverSneakers Yoga® • Irene 3:30-4:30 p.m.			
Tabata • Monica 5:15-6:15 p.m.	Barre • Monica 5:15 - 6:15 p.m.	Flex & Stretch • Monica 5:15-6:15p.m.	Barre • Cindy 5:15 - 6:15 p.m.		
Yogalates • Monica 6:30-7:30 p.m.		Yogalates • Monica 6:30-7:30 p.m.			

\*Last updated: 2/12/24

\*All classes listed are subject to change or cancellation.



WESTMINSTER

# West View General Fitness & Specialty Class Descriptions

## \*Gentle Flow Yoga

For beginners, as well as seasoned practitioners. A gentle yoga class to help ease the body, mind and spirit. Explore movement and breath in a calming, safe environment.

## \*Mindful Flow Yoga

Discover your strongest you! This class blends different yoga styles incorporating strength, grace, body alignment and breath work to create a challenging yet safe practice for all.

## \*Vinyasa Yoga

Take your yoga practice to the next level in this stimulating class. Incorporate strength, balance and flexibility while improving body awareness. Leave feeling challenged and empowered!

## \*Yogalates

Benefit from the lean, strong, toned muscles of Pilates as well as the balance, flexibility and relaxation of yoga.

## \*Zumba®

Zumba fuses Latin dance rhythms to create a one-of-a-kind fitness program! Dance away the calories and have fun! Benefits: boosts muscular endurance, improves cardiovascular health, burns calories and fat.

## \*Zumba Gold®

Get active with great people that move at your pace. Participants of all ages and physical conditions can enjoy this easy-to-follow, low impact fitness class taught to Latin and other international rhythms. Benefits: boosts muscular endurance, improves cardiovascular health, burns calories and fat.

\*Barre® Fusing the best of Pilates, yoga, strength training and dance, Barre delivers a results-driven workout that is fun, dynamic and will sculpt you into amazing shape! Fusing the best of Pilates, yoga, strength training and dance, Barre delivers a results-driven workout that is fun, dynamic and will sculpt you into amazing shape!

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

## SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## Flex and Stretch

Build strength, flexibility and range of motion with weights, body bars, bands, and Fit balls. Benefits: Improves flexibility, range of motion, burns calories, builds muscle.

## Tai Chi

Re-energize, build awareness and empower your mind. Flow through gentle, thoughtful, slow motion movements to relieve stress as you improve balance, posture, flexibility, muscle tone and internal energy.

## SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.