

WESTERVILLE PARKS AND RECREATION

Group Fitness Schedule

Winter 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7 a.m. 240 X Complete Stolte-Carroll	6-7 a.m. 240 X Complete Rose	6-7 a.m. 240 X Complete Martin	6-7 a.m. 240 X Complete Rose	6-7 a.m. BOSU, Bootcamp & Core Stolte-Carroll	8:10-9:10 a.m. Zumba Headings	10:15-11:15 a.m. All Weights Aventino
8-9 a.m. Low Impact Intervals Redd	9-10:15 a.m. * Gentle Yoga Candon	8-9 a.m. Low Impact Intervals Redd	9:15-10:15 a.m. * Pound Smith	8-9 a.m. Low Impact Intervals McCann/Redd	9:15-10:15 a.m. * Low Impact Aerobics Blaha	12:45-1:30 p.m. Generation Pound Rollins (Youth ages 6-12)
9:15-10:15 a.m. * All Weights Crittenden	9:15-10:15 a.m. * Piyo Crittenden	9:15-10:15 a.m. * Cardio Dance Power Hour Rose	9:30-10:30 a.m. * Essentrics Roth	9:15-10:15 a.m. * Rock 'Em, Sock 'Em Rogier	9:30-10:30 a.m. * Prenatal Yoga Uher	2:30-3:30 p.m. Total Body Strong Amici
10:25-11:25 a.m. * Strength & More Andes	10:30-11:30 a.m. * Restorative Pilates Smith	10:25-11:25 a.m. * BOSU, Bootcamp & Core Andes	10:30-11:30 a.m. * Essentrics Roth	10:30-11:30 a.m. * Muscles in Motion Redd	10:30-11:30 a.m. * Fit & Fabulous Hurtt	
12:15-1 p.m. * Muscles in Motion Redd	10:30-11:30 a.m. * Essentrics Roth	11:30 a.m. -12:15 p.m. * Time 'Crunch' Toner Redd	10:30-11:30 a.m. * Restorative Pilates Smith	5:30-6:30 p.m. All Weights Aventino		
5:15-6:15 p.m. * Power Pilates Tombaugh	11:45 a.m. - 12:45 p.m. * Barre Work Out Smith	12:30-1 p.m. * Kettlebell Core Fusion Andes	10:45-11:45 a.m. * Hatha with Vinyasa Flow Yoga Andes	6:35-8 p.m. Family Tae Kwon Do Green		
5:30-6:30 p.m. * 20/20/20 Stolte-Carroll	12-1 p.m. * Restorative Yoga Andes	5:15-6:15 p.m. * Power Pilates Tombaugh	11:45 a.m. - 12:45 p.m. * Barre Work Out Smith			
6:30-7:30 p.m. * Multigenerational Movement Tombaugh	4:50-5:20 p.m. * Core Fusion Richard	5:30-6:30 p.m. * Rhythm & Resistance Scovern	12-1 p.m. * Restorative Yoga Andes			
6:35-7:35 p.m. * Zumba Scovern	5:30-6:30 p.m. * Body Fit Richard	6:30-7:30 p.m. * Dynamic Pilates Uher	4:50-5:20 p.m. * Core Fusion Richard			
7:45-8:45 p.m. * Hip Hop Cardio Henman	6:30-7:30 p.m. * Power Yoga Pierson	6:35-7:35 p.m. * Hip Hop Cardio Headings	5:15-6:15 p.m. * Body Fit Richard			
7:45-8:45 p.m. * Boxing for Beginners (Youth ages 7-15) Wallanger	6:35-7:35 p.m. * Step & Sculpt Hurtt	7:45-8:30 p.m. * Yoga for Core Strength Uher	6:15-7:15 p.m. Yoga for Health I > Surratt			
	7:45-8:45 p.m. * Muscles in Motion Redd	7:45-8:45 p.m. * Lift & HIIT Henman	6:30-7:30 p.m. * Barre Connect Andes			
	7:45-8:45 p.m. * Yoga/Pilates Mix Pierson		6:35-7:35 p.m. * Step and Sculpt Hurtt			
			7:30-8:30 p.m. Yoga for Health II > Surratt			
			7:45-8:30 p.m. * Strength & Core EXPRESS Scovern			
			7:45-8:30 p.m. * Boxing for Beginners (Women ages 15-35) Wallanger			

All classes are held at the Westerville Community Center unless otherwise noted.
Drop In Fitness Classes are based on availability.

Child Care:
* Sprouts Wait Room Open

Off-site Location:
> 64 E. Walnut Street