

WESTERVILLE PARKS AND RECREATION

Group Fitness Schedule

Fall 2019



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

All classes are held at the Westerville Community Center unless otherwise noted.
Drop In Fitness Classes are based on availability. Mind/Body Classes are highlighted in orange.

Child Care:
* Sprouts Wait Room Open

Off-site Location:
> 64 E. Walnut Street