



Weekly Fitness Class Schedule

SUNDAY-AM	MONDAY-AM	TUESDAY-AM	WEDNESDAY-AM	THURSDAY- AM	FRIDAY-AM	SATURDAY- AM
		GENTLE YOGA 10:00 AM	NIA 9:00 AM		CARDIO + CORE (CSC) 8:30 AM	HATHA FLOW YOGA 10:00 AM DRUE'S BOOT CAMP 11:00 AM
SUNDAY-PM	MONDAY-PM	TUESDAY-PM	WEDNESDAY-PM	THURSDAY- PM	FRIDAY-PM	SATURDAY- PM
	HATHA FLOW YOGA 7:00 PM	TERRY'S BOOTCAMP 6:00 PM	WERQ Like a Boss 6:00 PM STRETCH-FLEX-SUCCESS 7:00PM			

CLASS SCHEDULE SUBJECT TO CHANGE.



Fitness Club

*Each of these classes is 60 minutes unless otherwise indicated.
All fitness levels welcome in every class! Instructors will provide adaptations to movements when needed.*

Club Hours

Monday - Thursday

5:30 am - 10:00 pm

Friday

5:30 am - 9:00 pm

Saturday & Sunday

7:00 am - 6:00 pm

**GYMNASIUM WILL BE
CLOSED DURING ALL
FITNESS CLASSES**

CSC (Cardio Strength & Core)

Boost your cardiovascular health and endurance with this exciting interval and circuit training class. You'll elevate your heart rate and torch calories while we also sculpt a strong core. All fitness levels are welcome!

Drue's Boot Camp

Looking to get fit and feel fantastic? This multi-level class offers a comprehensive approach to physical conditioning. Expect a challenging yet rewarding workout that incorporates strength training, stability exercises, calisthenics, cardio, speed work, and endurance training. Burn calories and firm up while improving your overall fitness.

Gentle Yoga

Find balance in this gentle yoga class. Explore both calming and challenging poses to work up a sweat and cultivate a sense of empowerment in mind and body.

Hatha Flow Yoga

Slow down and find your inner peace in this gentle yoga class. Suitable for all levels, this class emphasizes slow-paced stretching and mindful breathing. Flow through a series of floor-based and standing poses, using props for support and enjoying the calming sounds of soft music.

NIA

Ready for a unique movement experience? NIA is a holistic practice that connects mind, body, and spirit through 52 distinct movements inspired by Martial and Healing Arts. You'll feel empowered as you discover your authentic self through free dance. Step out feeling renewed, strong, and joyful! All fitness levels are welcome to experience the magic of NIA.

Stretch-Flex-Success

Join us for an intense yet rewarding stretch session! We'll target common problem areas, neglected muscles, and focus on injury prevention. Proper foam rolling techniques will also be included. Bring your aches and pains – let's work them out together and improve our flexibility in a safe and supportive environment."

Terry's Boot Camp

Ready to reinvigorate your fitness routine and push your limits? Terry's Boot Camp is the answer! This dynamic class combines strength, endurance, and balance exercises in a fun and interactive circuit. Challenge your mind, body, and spirit while achieving amazing results

The Westmont Park District Fitness Club reserves the right to make changes to this schedule and/or cancel any class.

WERQ Like a Boss

WERQ Like a Boss is a full-body workout that combines everything you need in one hour or less. Class begins with WERQ Dance Fitness for cardio followed by strength training and mobility work. Check it all off and be the CEO of your health and wellness!