



# NOVEMBER 16<sup>th</sup> - NOVEMBER 30<sup>th</sup>

# GROUP FITNESS WEEKLY SCHEDULE

MONDAY NOVEMBER 16 <sup>th</sup>	TUESDAY NOVEMBER 17 <sup>th</sup>	WEDNESDAY NOVEMBER 18 <sup>th</sup>	THURSDAY NOVEMBER 19 <sup>th</sup>	FRIDAY NOVEMBER 20 <sup>th</sup>	SATURDAY NOVEMBER 21 <sup>st</sup>	SUNDAY NOVEMBER 22 <sup>nd</sup>
<b>5:10am</b> Strength w/ Makenna	<b>5:00am</b> Shred w/ Tad	<b>5:10am</b> Shred w/ Makenna	<b>5:10am</b> Shred w/ Corey	<b>5:10am</b> Heavy Bag Burnout w/ Katie F.	<b>9:00am</b> TRX Plus w/ Amanda	<b>10:00am</b> Strong Nation w/ Sara
<b>6:00am</b> Cycling w/ Toni	<b>6:00am</b> Strong Nation w/ Katie	<b>6:00am</b> Cycling w/ Amanda	<b>6:00am</b> Barre w/ Lisa	<b>10:00am</b> Strong Nation Xpress w/ Katie D.	<b>10:00am</b> Yoga w/ Abby	
<b>8:00am</b> Barre + Strong Nation w/ Lisa & Sara	<b>9:00am</b> Cycling w/ Alissa	<b>10:00am</b> Full Body Strength Xpress w/ Jackie	<b>9:00am</b> Strength w/ Katie D.			
<b>10:00am</b> Lower Xpress w/ Sara	<b>10:00am</b> HIIT The Step Xpress w/ Cathy	<b>10:00am</b> Yoga w/ Abby	<b>10:00am</b> Core Xpress w/ Cathy			
<b>11:00am</b> TRX w/ Kari	<b>4:30pm</b> Step w/ Jessica	<b>11:00am</b> TRX Plus Upper Body w/ Sara	<b>12:00pm</b> Strength w/ Sara S.			
<b>12:00pm</b> Cycling w/ Becky W.	<b>5:30pm</b> Yin Yoga w/ Alex	<b>4:30pm</b> High Rep Upper Body w/ Jessie	<b>4:30pm</b> Cardio Kickboxing w/ Kari			
<b>4:30pm</b> In A Minute w/ Kari	<b>5:30pm</b> Cycling w/ Katie F.	<b>5:30pm</b> Yoga w/ Hailey				
<b>5:30pm</b> Zumba w/ Jenny Z.						

MONDAY NOVEMBER 23 <sup>rd</sup>	TUESDAY NOVEMBER 24 <sup>th</sup>	WEDNESDAY NOVEMBER 25 <sup>th</sup>	THURSDAY NOVEMBER 26 <sup>th</sup>	FRIDAY NOVEMBER 27 <sup>th</sup>	SATURDAY NOVEMBER 28 <sup>th</sup>	SUNDAY NOVEMBER 29 <sup>th</sup>
<b>5:10am</b> Strength w/ Corey	<b>5:00am</b> Shred w/ Tad	<b>5:10am</b> Shred w/ Makenna	<b>7:15am or 8:30am</b> Cycling w/ Amanda	<b>10:00am</b> 3 for 1 Burn the Bird Special: Strong, Step and Strength w/ Katie D., Jessica, and Sara	<b>9:00am</b> TRX Plus w/ Kari	<b>10:00am</b> Step w/ Jessica
<b>6:00am</b> Cycling w/ Toni	<b>6:00am</b> Strong Nation w/ Katie	<b>6:00am</b> Cycling w/ Amanda	<b>9:30am</b> Cardio Kickboxing w/ Kari		<b>10:00am</b> 'S'HIIT Xpress w/ Jessie	
<b>8:00am</b> Barre + Strong Nation w/ Lisa & Sara	<b>9:00am</b> Cycling w/ Alissa	<b>10:00am</b> All Shoulders Xpress w/ Kari	<i>Class will be held outside Western. If the weather is bad the class will be held on zoom.</i>			
<b>10:00am</b> Core Xpress w/ Katie	<b>10:00am</b> HIIT The Step Xpress w/ Cathy	<b>10:00am</b> Yoga w/ Abby	<b>9:30am</b> Yoga w/ Erin			
<b>11:00am</b> TRX w/ Kari	<b>4:30pm</b> Step w/ Jessica	<b>11:00am</b> TRX Plus Core w/ Sara				
<b>12:00pm</b> Cycling w/ Katie F.	<b>5:30pm</b> Yin Yoga w/ Alex	<b>4:30pm</b> Guts and Glutes w/ Jessie				
<b>4:30pm</b> In A Minute w/ Kari	<b>5:30pm</b> Cycling w/ Katie F.	<b>5:30pm</b> Yoga w/ Hailey				
<b>5:30pm</b> Zumba w/ Jenny Z.						

MONDAY NOVEMBER 30 <sup>th</sup>
<b>5:10am</b> Strength w/ Sara
<b>6:00am</b> Cycling w/ Toni
<b>8:00am</b> Barre + Strong Nation w/ Lisa & Sara
<b>10:00am</b> Upper Xpress w/ Katie
<b>11:00am</b> TRX w/ Kari
<b>12:00pm</b> Cycling w/ Becky W.
<b>4:30pm</b> In A Minute w/ Kari
<b>5:30pm</b> Zumba w/ Jenny Z.

VIRTUAL CLASSES  
HELD ON



Get class links by joining the  
Western Group Fitness Junkies  
Facebook group!

CLASS  
COLOR KEY



SIGN UP FOR  
ON-SITE CLASSES VIA



Per the mask mandate we will be requiring masks in all group fitness classes held at Western.

Members MUST sign up for all on site classes (including Premier classes) via the Western Virtuagym app or online portal.

On site classes have a maximum number of participants allowed and we cannot make exceptions to that number at this time. Physical distancing and sanitizing will be taking place before and after class.

Boxing class participants need to bring their own gloves. Western will have boxing gloves available for sale at the front desk for \$40.

Yoga class participants need to bring their own mats.

Premier Classes are \$12/member. Save up to \$40 when you buy a Premier Class package! Premier Class packages can be purchased in 5-, 10-, and 20-packs at the front desk.