

JAN 11th - FEB 7th

**CLASS
COLOR KEY**

IN CLUB
CLASS

VIRTUAL
CLASS

PREMIER
CLASS

VIRTUAL CLASSES
HELD ON



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

SIGN UP FOR
ON-SITE CLASSES VIA



**GROUP
FITNESS
WEEKLY SCHEDULE**

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.

MONDAY JANUARY 11 th	TUESDAY JANUARY 12 th	WEDNESDAY JANUARY 13 th	THURSDAY JANUARY 14 th	FRIDAY JANUARY 15 th	SATURDAY JANUARY 16 th	SUNDAY JANUARY 17 th
5:10am Strength w/ Tad	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Shred w/ Corey	5:10am Cycling w/ Katie F.	9:00am TRX Plus w/ Katie D.	10:00am Strong Nation w/ Sara
6:00am Cycling w/ Toni	6:00am Strong Nation w/ Katie	6:00am Cycling + Core w/ Toni	6:00am Barre w/ Lisa	10:00am Strong Nation Xpress w/ Katie D.	10:00am Yoga w/ Erin	
8:00am Barre + Strong Nation w/ Lisa & Sara	9:00am Cycling w/ Alissa	10:00am Lower Body Xpress w/ Jackie	9:00am Strength w/ Katie D.			
10:00am Core Xpress w/ Katie	10:00am Upper Body Xpress w/ Sara	10:00am Yoga w/ Abby	10:00am HIIT the Step Xpress w/ Cathy			
11:00am TRX w/ Kari	4:30pm Step w/ Jessica	4:30pm Cardio Strength w/ Jessie	12:00pm Strength w/ Sara S.			
12:00pm Cycling w/ Becky W.	5:30pm Yin Yoga w/ Erin	5:30pm Yoga w/ Hailey	4:30pm Cardio Kickboxing w/ Kari			
4:30pm In A Minute w/ Kari	5:30pm Cycling w/ Katie F.					
5:30pm Zumba w/ Jenny Z.						

MONDAY JANUARY 18 th	TUESDAY JANUARY 19 th	WEDNESDAY JANUARY 20 th	THURSDAY JANUARY 21 st	FRIDAY JANUARY 22 nd	SATURDAY JANUARY 23 rd	SUNDAY JANUARY 24 th
5:10am Strength w/ Corey	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Shred w/ Corey	5:10am Heavy Bag Burnout w/ Katie F.	9:00am TRX Plus w/ Sara	10:00am Zumba Party w/ Kari, Jenny, & Jessica
6:00am Cycling w/ Toni	6:00am Strong Nation w/ Katie	6:00am Bike and Bands w/ Becky W.	6:00am Barre w/ Lisa	10:00am Strong Nation Xpress w/ Katie D.	10:00am Yoga w/ Jackie	
8:00am Barre + Strong Nation w/ Lisa & Sara	9:00am Cycling w/ Alissa	10:00am Core Xpress w/ Cathy	9:00am Strength w/ Katie D.	4:30pm Biker Chicks w/ Becky W.		
10:00am Biceps and Triceps Xpress w/ Kari	10:00am Lower Body Xpress w/ Becky W.	10:00am Yoga w/ Abby	10:00am HIIT the Step Xpress w/ Cathy			
11:00am TRX w/ Sara	4:30pm Step w/ Jessica	4:30pm Butts and Guts w/ Jessie	12:00pm Strength w/ Sara S.			
12:00pm Cycling w/ Becky W.	5:30pm Yin Yoga w/ Erin	5:30pm Yoga w/ Hailey	4:30pm Cardio Kickboxing w/ Kari			
4:30pm In A Minute w/ Kari	5:30pm Cycling w/ Katie F.					
5:30pm Zumba w/ Jenny Z.						

MONDAY JANUARY 25 th	TUESDAY JANUARY 26 th	WEDNESDAY JANUARY 27 th	THURSDAY JANUARY 28 th	FRIDAY JANUARY 29 th	SATURDAY JANUARY 30 th	SUNDAY JANUARY 31 st
5:10am Strength w/ Corey	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Shred w/ Corey	5:10am Cycling w/ Katie F.	9:30am S'HIIT Xpress w/ Jessie	10:00am Rowing Bootcamp w/ Sara
6:00am Cycling w/ Toni	6:00am Strong Nation w/ Katie	6:00am Cycling + Core w/ Toni	6:00am Barre w/ Lisa	10:00am Strong Nation Xpress w/ Katie D.	10:00am Yoga w/ Alex	
8:00am Barre + Strong Nation w/ Lisa & Sara	9:00am Cycling w/ Alissa	10:00am Core Xpress w/ Cathy	9:00am Strength w/ Katie D.			
10:00am Cardio Interval Xpress w/ Stephanie	10:00am Compound Fun Xpress w/ Jackie	10:00am Yoga w/ Abby	10:00am HIIT the Step Xpress w/ Cathy			
11:00am TRX w/ Kari	4:30pm Step w/ Jessica	4:30pm Band It All w/ Jessie	12:00pm Strength w/ Sara S.			
12:00pm Cycling w/ Becky W.	5:30pm Yin Yoga w/ Erin	5:30pm Yoga w/ Hailey	4:30pm Boxing Tabatas w/ Katie D.			
4:30pm In A Minute w/ Kari	5:30pm Cycling w/ Katie F.					
5:30pm Zumba w/ Jenny Z.						

MONDAY FEBRUARY 1 st	TUESDAY FEBRUARY 2 nd	WEDNESDAY FEBRUARY 3 rd	THURSDAY FEBRUARY 4 th	FRIDAY FEBRUARY 5 th	SATURDAY FEBRUARY 6 th	SUNDAY FEBRUARY 7 th
5:10am Strength w/ Makenna	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Shred w/ Corey	5:10am Heavy Bag Burnout w/ Katie F.	9:00am Strength w/ Sara	10:00am Step w/ Jessica
6:00am Cycling w/ Toni	6:00am Strong Nation w/ Katie	6:00am Cycle + Upper Body Ladders w/ Katie D.	6:00am Barre w/ Lisa	10:00am Strong Nation Xpress w/ Katie D.	10:00am Yoga w/ Mandy	
8:00am Barre + Strong Nation w/ Lisa & Sara	9:00am Cycling w/ Alissa	10:00am Core Xpress w/ Cathy	9:00am Strength w/ Katie D.	5:00pm Explicit Cycle + Happy Hour w/ Katie F.		
10:00am Would You Rather Upper Xpress w/ Katie	10:00am Lower Body Xpress w/ Kari	10:00am Yoga w/ Abby	10:00am HIIT the Step Xpress w/ Cathy	<i>Class is \$5 per rider and is held in the MP Room. Drink Special at the FuelBar after class.</i>		
12:00pm Cycling w/ Becky W.	4:30pm Step w/ Jessica	4:30pm Cardio Strength w/ Jessie	12:00pm Strength w/ Sara S.			
4:30pm In A Minute w/ Kari	5:30pm Yin Yoga w/ Erin	5:30pm Yoga w/ Hailey	4:30pm Cardio Kickboxing w/ Kari			
5:30pm Zumba w/ Jenny Z.	5:30pm Cycling w/ Katie F.					