

MAY 3<sup>rd</sup> - MAY 30<sup>th</sup>

**CLASS**

**COLOR KEY**

IN CLUB CLASS

VIRTUAL CLASS

PREMIER CLASS

TRX VIRTUAL XPRESS DROP INS  
\$8.00

VIRTUAL CLASSES HELD ON



You can find class links on Virtuagym, or by joining the Western Group Fitness Junkies Facebook group!

SIGN UP FOR ON-SITE CLASSES VIA  
 virtuagym

**GROUP FITNESS WEEKLY SCHEDULE**

Members must wear a mask until they are in their spot for class. During class masks may be taken off.

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 MAY 3 <sup>rd</sup>	TUESDAY MAY 4 <sup>th</sup>	WEDNESDAY MAY 5 <sup>th</sup>	THURSDAY MAY 6 <sup>th</sup>	FRIDAY MAY 7 <sup>th</sup>	SATURDAY MAY 8 <sup>th</sup>	SUNDAY MAY 9 <sup>th</sup>
5:10am Strength w/ Tad	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Boxing S'HIIT w/ Rachel	5:10am Cycling w/ Katie F.	9:00am Row + Strength w/ Jen S.	9:20am TRX Full Body Xpress w/ Kari
6:00am Cycling w/ Jessica	6:00am Strong Nation w/ Katie D.	6:00am Cycling w/ Jessica	6:00am Barre Strong w/ Lisa & Sara	6:00am TRX Shoulders & Core w/ Kari	10:00am Yoga w/ Amy X.	10:00am Cardio Kickboxing Xpress w/ Kari
6:00am Barre w/ Lisa	9:00am Cycling w/ Alissa	10:00am Yoga w/ Abby	9:00am Strength w/ Katie D.	9:00am Yoga w/ Mandi		
10:00am S'HIIT Xpress w/ Becky	10:00am Upper & Core Xpress w/ Kari	10:00am Lower Body Xpress w/ Cathy	10:00am Core Xpress w/ Cathy	9:00am Cycle + Strength w/ Jen P.		
10:15am Gentle Yoga w/ Rita	10:15am Gentle Strength & Balance w/ Jen S.	10:15am Gentle Strength & Balance w/ Sheila	12:00pm Strength w/ Sara S.	10:00am Strong Nation Xpress w/ Katie		
11:00am TRX w/ Kari	11:00am Yoga w/ Amy X.	12:00pm Strong Nation w/ Sara S.	4:30pm Cardio Kickboxing w/ Kari	12:00pm Cycling w/ Jen S.		
12:00pm Cycling w/ Becky	4:30pm Step w/ Jessica	4:30pm Strength w/ Jessie				
4:30pm In A Minute w/ Kari	5:30pm Cycling w/ Katie F.	5:30pm Yoga w/ Hailey				
5:30pm Dance Fitness w/ Jenny Z.	5:30pm YIN Yoga w/ Erin	6:00pm TRX Posterior Xpress w/ Katie D.				
MONDAY MAY 10 <sup>th</sup>	TUESDAY MAY 11 <sup>th</sup>	WEDNESDAY MAY 12 <sup>th</sup>	THURSDAY MAY 13 <sup>th</sup>	FRIDAY MAY 14 <sup>th</sup>	SATURDAY MAY 15 <sup>th</sup>	SUNDAY MAY 16 <sup>th</sup>
5:10am Strength w/ Tad	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Boxing S'HIIT w/ Rachel	5:10am Heavy Bag Burnout w/ Katie F.	9:00am Cycling w/ Jen S.	10:00am Bikes & Bosu w/ Katie D.
6:00am Cycling w/ Toni	6:00am Strong Nation w/ Katie D.	6:00am Cycling w/ Jessica	6:00am Barre Strong w/ Lisa & Sara	6:00am TRX Back & Biceps Xpress w/ Kari	10:00am Yoga w/ Amanda K.	
6:00am Barre w/ Lisa	9:00am Cycling w/ Alissa	10:00am Yoga w/ Abby	9:00am Strength w/ Katie D.	9:00am Yoga w/ Alex		
10:00am S'HIIT Xpress w/ Becky	10:00am Upper & Core Xpress w/ Jackie N.	10:00am Lower Body Xpress w/ Kari	10:00am Core Xpress w/ Cathy	9:00am Cycle + Strength w/ Jen S.		
10:15am Gentle Yoga w/ Rita	10:15am Gentle Strength & Balance w/ Jen S.	10:15am Gentle Strength & Balance w/ Sheila	12:00pm Strength w/ Sara S.	10:00am Strong Nation Xpress w/ Katie		
11:00am TRX w/ Sara	11:00am Yoga w/ Amy X.	12:00pm Strong Nation w/ Sara S.	4:30pm Cardio Kickboxing w/ Kari	12:00pm Cycling w/ Jen S.		
12:00pm Cycling w/ Becky	4:30pm Step w/ Jessica	4:30pm Strength w/ Jessie		5:00pm Explicit Cycle w/ Jen S.   \$5.00		
4:30pm In A Minute w/ Kari	5:30pm Cycling w/ Katie F.	5:30pm Yoga w/ Hailey				
5:30pm Dance Fitness w/ Jenny Z.	5:30pm YIN Yoga w/ Erin	6:00pm TRX Chest & Shoulders Xpress w/ Katie D.				
MONDAY MAY 17 <sup>th</sup>	TUESDAY MAY 18 <sup>th</sup>	WEDNESDAY MAY 19 <sup>th</sup>	THURSDAY MAY 20 <sup>th</sup>	FRIDAY MAY 21 <sup>st</sup>	SATURDAY MAY 22 <sup>nd</sup>	SUNDAY MAY 23 <sup>rd</sup>
5:10am Strength w/ Tad	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Boxing S'HIIT w/ Rachel	5:10am Cycling w/ Katie F.	9:00am Strength w/ Sara S.	10:00am Strong Nation w/ Katie D.
6:00am Cycling w/ Toni	6:00am Strong Nation w/ Katie D.	6:00am Cycling w/ Toni	6:00am Barre Strong w/ Lisa & Sara	6:00am TRX Upper Body Tabata Xpress w/ Kari	10:00am Yoga w/ Abby	4:00pm Explicit Row + Strength w/ Kari
6:00am Barre w/ Lisa	9:00am Cycling w/ Alissa	10:00am Yoga w/ Abby	9:00am Strength w/ Katie D.	9:00am Yoga w/ Alex		
10:00am S'HIIT Xpress w/ Becky	10:00am Upper & Core Xpress w/ Stephanie	10:00am Lower Body Xpress w/ Cathy	10:00am Core Xpress w/ Cathy	9:00am Cycle + Strength w/ Jen P.		
10:15am Gentle Yoga w/ Rita	10:15am Gentle Strength & Balance w/ Jen S.	10:15am Gentle Strength & Balance w/ Sheila	12:00pm Strength w/ Sara S.	10:00am Strong Nation Xpress w/ Katie		
11:00am TRX w/ Kari	11:00am Yoga w/ Amy X.	12:00pm Strong Nation w/ Sara S.	4:30pm Cardio Kickboxing w/ Kari	12:00pm Cycling w/ Jen S.		
12:00pm Cycling w/ Becky	4:30pm Step w/ Jamie	4:30pm Strength w/ Jessie		4:30pm Heavy Bag Burnout w/ Sara S.		
4:30pm In A Minute w/ Kari	5:30pm Cycling w/ Katie F.	5:30pm Yoga w/ Hailey				
5:30pm Dance Fitness w/ Jenny Z.	5:30pm YIN Yoga w/ Erin	6:00pm TRX Lower Body & Core Xpress w/ Katie D.				
MONDAY MAY 24 <sup>th</sup>	TUESDAY MAY 25 <sup>th</sup>	WEDNESDAY MAY 26 <sup>th</sup>	THURSDAY MAY 27 <sup>th</sup>	FRIDAY MAY 28 <sup>th</sup>	SATURDAY MAY 29 <sup>th</sup>	SUNDAY MAY 30 <sup>th</sup>
5:10am Strength w/ Tad	5:00am Shred w/ Tad	5:10am Strength w/ Makenna	5:10am Boxing S'HIIT w/ Rachel	5:10am Heavy Bag Burnout w/ Katie F.	9:00am Bringing Back the 90's Cycling w/ Becky W.	10:00am Strong Nation w/ Jessica
6:00am Cycling w/ Toni	6:00am Strong Nation w/ Katie D.	6:00am Cycling w/ Jessica	6:00am Barre Strong w/ Lisa & Sara	6:00am TRX Posterior Xpress w/ Kari	10:00am Bringing Back the 90's Yoga w/ Amy X.	
6:00am Barre w/ Lisa	9:00am Cycling w/ Alissa	10:00am Yoga w/ Abby	9:00am Strength w/ Katie D.	9:00am Yoga w/ Jackie S.		
10:00am S'HIIT Xpress w/ Stephanie	10:00am Upper & Core Xpress w/ Jackie N.	10:00am Lower Body Xpress w/ Becky	10:00am Core Xpress w/ Cathy	9:00am Cycle + Strength w/ Jen P.		
10:15am Gentle Yoga w/ Rita	10:15am Gentle Strength & Balance w/ Jen S.	10:15am Gentle Strength & Balance w/ Sheila	12:00pm Strength w/ Sara S.	10:00am Strong Nation Xpress w/ Katie		
11:00am TRX w/ Kari	11:00am Yoga w/ Amy X.	12:00pm Strong Nation w/ Sara S.	4:30pm Cardio Kickboxing w/ Kari	12:00pm Cycling w/ Jen S.		
12:00pm Cycling w/ Becky	4:30pm Step w/ Jamie	4:30pm Strength w/ Jessie		5:00pm EDM Cycling w/ Katie F.		
4:30pm In A Minute w/ Kari	4:30pm Cardio Kickboxing w/ Kari	5:30pm Yoga w/ Hailey				
5:30pm Dance Fitness w/ Jenny Z.	5:30pm YIN Yoga w/ Erin	6:00pm TRX Core Tabatas Xpress w/ Katie D.				