



GROUP EXERCISE STUDIO SCHEDULE THE Y STUDIO AT WESTFIELD

Exercising three times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THUR	FRI	SAT
CHILD WATCH: 9:00-12:30pm & 4-7:30pm	CHILD WATCH: 9:00-12:30pm & 4-7:30pm	CHILD WATCH: 9:00-12:30pm & 4-7:30pm	CHILD WATCH: 9:00-12:30pm & 4-7:30pm	CHILD WATCH: 9:00-12:30pm	CHILD WATCH: 8am-12:00pm
5:15-5:45am Les Mills Core™ Virtual	5:15-6am Les Mills BodyCombat™ Virtual	5:15-5:45am Les Mills Core™ Virtual	5:15-6am Les Mills BodyCombat™ Virtual	5:15-5:45am Les Mills Core™ Virtual	
6:30-7:30am Les Mills BodyCombat™ Virtual	6:30-7:30am Les Mills BodyPump™ Virtual	6:30-7:30am Les Mills BodyPump™ Alissa	6:30-7:30am Les Mills BodyPump™ Virtual	6:30-7:30am Les Mills BodyCombat™ Virtual	
	7:45-8:45am Les Mills BodyFlow™ Ashley R	7:45 - 8:45 m Les Mills BodyFlow™ Virtual	7:45-8:45am Les Mills BodyFlow™ Ashley R		8:00-9:00am Les Mills BodyFlow™ Kathleen/Roxanne
9:15-10:15am Les Mills BodyPump™ Kim G	9:30-10:15am HIIT Strength Kim G	9:15-10:15am High Fitness Allison	9:30-10:15am HIIT Strength Kim G	9:15-10:15am Les Mills BodyPump™ Kim G	
10:30-11:15am Les Mills Core™ Virtual	10:45-11:15am Les Mills Core™ Virtual	10:30-11:15am Les Mills Core™ Virtual	10:45-11:15am Les Mills Core™ Virtual	10:30-11:15am Les Mills Core™ Virtual	10:30am-11:30am Les Mills BodyPump™ Alissa
12-12:30pm Les Mills Grit Athletic™ Virtual		12-12:30pm Les Mills Grit Athletic™ Virtual			11:45-12:15pm Les Mills Core™ Virtual

4:15-4:45pm Les Mills BodyAttack™ Michelle B	4:15-5:15pm Les Mills BodyPump™ Kathleen	4:15-4:45pm Les Mills BodyAttack™ Michelle B	4:15-5:15pm Les Mills BodyPump™ Kathleen
5-5:45pm Les Mills BodyFlow™ Roxanne B	5:30-6:15pm Les Mills BodyCombat™ Virtual	5-5:45pmL Les Mills BodyFlow™ Roxanne B	5:30-6:15pm Les Mills BodyCombat™ Virtual
6:30-7:30pm Zumba Mary E	6:30-7:30pm Les Mills BodyPump™ Emma D	6:30-7:30pm Zumba Mary E	6:30-7:30pm Les Mills BodyPump™ Emma D

CLASS COLOR CODE:

CARDIO

STRENGTH

MIND/BODY