






Westbrook Community Center Fall/Winter Fitness Schedule 2016-17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train Your Inner Athlete - Hydro Power (Indoor Pool) 5:30-6:30am Lisa Petruccelli	Train Your Inner Athlete - Power Hour (Gym) 5:30-6:30am Lisa Petruccelli	Train Your Inner Athlete - HTR & KC (Gym & Activity Room) 5:30-6:30am Lisa Petruccelli	Train Your Inner Athlete - Power Hour (Gym) 5:30-6:30am Lisa Petruccelli	Train Your Inner Athlete - Cardio Quest (Gym) 5:30-6:30am Lisa Petruccelli	Pound® (Dance Studio) 7:15-8am Catherine Wilson
Spinning (Spin Studio) 5:30-6:30am Holly Richio		Spinning/Core (Spin Studio) 5:30-6:30am Ann Russell		Spinning/Core (Spin Studio) 5:30-6:30am Ann Russell	Barre Fitness (Activity Room) 7-8am Tina Knott
Pound® (Gym) 5:30-6:15am Catherine Wilson					Spinning/Core (Spin Studio) 8-9am Holly Richio
<i>New & Improved Schedule Effective November 1, 2016</i>					Pilates (Activity Room) 8:10-9:10am Tina Knott
Silver Cardio 55+ (Gym) 9-10am Catherine Wilson	Chair Cardio (Activity Room) 9:15-10am Catherine Wilson	Silver Cardio 55+ (Gym) 9-10am Catherine Wilson	Chair Cardio (Activity Room) 9:15-10am Catherine Wilson	Silver Cardio 55+ (Gym) 9-10am Catherine Wilson	Nia (Dance Studio) 9:15-10:15am Specialty Class*
Senior Memberships Available, Too!				SheFit (Activity Room) 10:30-11:30am Specialty Class*	All Levels Yoga (Activity Room) 9:20-10:20am Karen Stoddard
	Lunchtime Spinning (Spin Studio) 12-12:45pm Catherine Wilson				
	Pound® (Activity Room) 4:45-5:30pm Catherine Wilson		P90X (Activity Room) 4:45-5:30pm Judy Stark	All RED boxes indicate Specialty Classes and are not included in membership or pass programs. Please see brochure or go to www.westbrookcommunitycenter.org .	
Pilates (Activity Room) 5:25-6:25pm Tina Knott	Barre Fitness (Activity Room) 5:40-6:40pm Tina Knott	Pilates (Activity Room) 5:25-6:25pm Tina Knott	Buti Yoga® (Dance Studio) 5:15-6:15pm Kelly Thornhill	Schedules Subject to Change	
		POUND® (Activity Room) 6:30-7:30pm Catherine Wilson	Barre Fusion (Dance Studio) 6:20- 7:20pm Alicia Sparks	Pound® (Activity Room) 5:30-6:15pm Catherine Wilson	
Nia (Dance Studio) 6:10-7:10pm Specialty Class*				See NEW memberships with monthly contracts! Available at kiosk or thru mindbodyonline app!	
T'ai Chi for Better Balance (Dance Studio) 7:15-8:15pm Mike Elliot	Spinning (Spin Studio) 6:30-7:30pm Casey Maynard	All Levels Yoga (Dance Studio) 6:30-7:30pm Karen Stoddard	Spinning (Spin Studio) 6:30-7:30pm Casey Maynard		

NEW INCLUSIVE MEMBERSHIPS: FAMILY = \$420, ADULT = \$360, 16-VISIT FLEX = \$50, DROP-IN = \$6

**ANY MEMBERSHIP OR PASS YOU CHOOSE IS GOOD FOR ALL CLASSES EXCEPT SPECIALTY CLASSES*