


# West Hills Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Shop 8:00am - 8:55am Jolene ZOOM ID: 83916800865	Yoga Vinyasa 7:45am - 8:55am Jolene ZOOM ID: 84109405358	Power Shop 8:00am - 8:55am Jolene ZOOM ID: 83916800865	Yoga Vinyasa 7:45am - 8:55am Jolene ZOOM ID: 88219023810		HIIT 8:30-9:00am Holly Zoom ID: 89489041414	Yoga 10:15am - 11:30am Beth ZOOM ID: 84256412916
	Cardio Interval 9:00am - 9:55am Holly ZOOM ID: 88010973408					Outdoor Spin 12:00-1:00am Clodagh
Hatha Yoga 10:15-11:30am Whitney Zoom ID: 86712980969	Core Body Training 10:15am - 11:15am Holly ZOOM ID: 81442350651	Hatha Yoga 10:15-11:30am Beth ZOOM ID: 84240086806	Outdoor Spin 10:00-10:55am Holly	Gentle Yoga 10:15-11:30m Beth ZOOM ID: 87462566686	Mat Pilates 8:00am-9:00am Tabra Zoom ID: 3407470029	
Aqua Aerobics 11:00 - 12:00pm Evelyn/Jennifer		Aqua Aerobics 11:00 - 12:00pm Evelyn/Jennifer	HIIT 11:30am-12:00pm Holly Zoom ID: 83905498878	Aqua Aerobics 11:00 - 12:00pm Evelyn/Jennifer	Live Classes Please Sign up in Advance	
		Mat Pilates 10:15-11:15am Tabra Zoom ID: 3407470029			Virtual Classes Please use ZOOM ID to Attend Password required: WAMCLUBS	
Barre 12:00-12:45pm Michelle Zoom ID: 86824161718		Barre 12:00-12:45pm Michelle Zoom ID: 87641595409			Hybrid Classes Live in Person or on ZOOM	
					 <b>WEST HILLS</b> RACQUET & FITNESS CLUB  Updated 12/17/20	
Yoga 6:30-7:30pm Beth ZOOM ID: 85194337200		Zumba 5:30-6:30pm Cindy ZOOM ID: 88516357242				

Questions? Please contact Fitness Director Holly Howard at  
[holly.howard@northp.com](mailto:holly.howard@northp.com)

# Fitness Class Description

**Aqua Exercise:** The focus is on low impact workout is on the 3-D environment of resistance, buoyancy & water pressure. See pool schedule for class times.

**Spin:** A high intensity, non-impact cardiovascular workout. 45 minutes of cycling, includes warm-up and cool down.

**Cardio Interval:** Cardio Interval is a fitness class that incorporates intervals of intense cardiovascular training mixed with compound movements using free weights!

**Power Shop:** Strengthen, tone and sculpt your muscles using step bench and weights. The latest in resistance training.

**S3: Spin, Strength, Stretch.** (Morning class 1.25) Begin class with 30 min. of spinning, 30 min. of weight training and end class with 15 min. of yoga stretches. (Evening class 60min) 30 min of spinning, 20 min of weight training, 10 min of stretch.

**Mat Pilates:** The principals of Pilates—focus on flexibility, balance, core strength and breathing. Uses body weights accompanied by exercise equipment.

**Zumba Interval:** The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**Core Body Training:** A total body strength training program with core being the main focus. The class will use light dumbbells and body weight, to help strengthen and tone the body head to toe. Work will be done standing and in the mat.

**Yoga:** Tap into your unlimited potential, access your inner peace and achieve balance, strength and flexibility through yoga poses.

**Yoga Vinyasa:** This flow style yoga links together strengthening & stretching poses. This practice increases not only fitness level, but improves flexibility & alleviates stress & tension.

**Hatha Yoga:** This style of yoga focuses on taking the time to discover the proper alignment for each pose. Attention given to breathing technique, form and strength.

**Gentle Yoga:** Class focus is on the foundations of yoga, offering a wider range of modification for each pose. Excellent for tennis players and seniors.

**HIIT:** High Intensity Interval Training! In this 30 minute workout you will work for 20 seconds, rest for 10, performing 10 movements with 4 rounds of each exercise. Includes a warm up and cool down.