
































Group Fitness Schedule - Westport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:25am  ICG Cycling *(Interval) Walter	5:30am - 6:25am  GROUP XPOWER Lisa F./Elise	5:30am - 6:25am  ICG Cycling *(All-Terrain) Elise	5:30am-6:25am  GROUP XPOWER Elise	5:30am - 6:25am  ICG Cycling *(Strength Ride) Tarah		
9:15am - 10:10am  ICG Cycling *(All-Terrain) Mary	8:15am - 9:10am Total Body Conditioning Linda H.	9:00am -9:25am **INTRO to Pilates Mat Amy M./Linda H.	8:15am - 9:10am Total Body Conditioning Debbie		8:00am-8:50am  GROUP XPOWER Wendy	
9:30am - 10:25am 20/20/20 Avery	9:15am - 10:00am STEP Alishia	9:15am - 10:10am  ICG Cycling *(All-Terrain) Wendy	9:15am - 10:00am Cardio Blast Alishia	9:15am - 10:10am  ICG Cycling *(All-Terrain) Walter	8:00am - 8:55am  ICG Cycling *(All-Terrain) Tarah	
9:30am - 10:25am **Pilates Mat Lisa F.	9:45am - 10:40am **Yoga Flow Amy M.	9:30am - 10:25am Interval H.E.A.T. Stephanie	9:15am -9:40am **INTRO to Yoga Dana S.	9:30am - 10:25am Interval H.E.A.T. Stephanie	9:00am - 9:55am Barre Works Avery	10:00am - 10:55am  ICG Cycling *(Strength Ride) Dean
10:30am - 11:25am REFIT® Mary Jane	10:00am - 10:55am Barre Works Alishia	9:30am - 10:25am **Pilates Mat Amy M./Linda H.	9:45am - 10:40am **Yoga Flow Dana S.	9:30am - 10:25am **Yoga CORE Lisa Y.	9:05am - 10:00am  ICG Cycling *(Interval) Wendy	11:05am - 12:00pm  GROUP XPOWER Elise/ Julia/ Holly
10:30am -11:25am **Power Vinyasa Flow Debbie	11:00am - 11:55am Getting Into Fitness Patty C.	10:30am - 11:25am REFIT®  ZUMBA Erika/Cindy	10:00am - 10:55am Barre Works Alishia	10:45am - 11:30am SilverSneakers Classic Patty C.	9:30am - 10:25am  ZUMBA **Allison E. (YOGA RM)	
10:30pm - 10:55am INTRO to ICG Cycling  *(Intro Class) Mary	12:00pm - 12:45pm  ICG Cycling (Lunch Cycle) Lisa F.	12:00pm - 12:45pm  GROUP XPOWER Debbie	11:00am - 11:55am Getting Into Fitness Patty C.	11:00am - 11:55am **Pop Pilates Lisa F.	10:00am - 11:55am STEP Allison M.	
12:00pm - 12:45pm  GROUP XPOWER Lisa F.	12:15pm - 1:00pm SilverSneakers Classic Patty C.	12:30pm - 1:15pm **Zumba GOLD Tenley (YOGA RM)	12:00pm - 12:45pm  ICG Cycling (Lunch Cycle)Tarah	12:00pm - 12:45pm  GROUP XPOWER Lisa F.	10:30am - 11:15am **Pilates Mat Mira	
12:30pm - 1:15pm **Zumba GOLD Tenley (YOGA RM)		1:05pm - 1:50pm SilverSneakers Yoga Lisa F.	12:15pm - 1:00pm SilverSneakers Circuit Patty C.		11:00am - 11:55pm REFIT® Maranda	
1:05pm - 1:50pm SilverSneakers Yoga Lisa F.		5:00pm - 5:55pm  GROUP XPOWER Holly			11:30am - 12:25pm **Beg. Yoga Kat	
5:00pm - 5:55pm  GROUP XPOWER Holly	5:30pm - 6:25pm  ICG Cycling *(All-Terrain) Tarah	5:30pm -6:25pm  ICG Cycling *(Strength Ride) Dean			12:30pm - 1:30pm **Private Yoga \$5.00 charge Kat	
6:00pm - 6:55pm  ZUMBA Allison E.		5:30pm -5:55pm **INTRO to Yoga Lisa F.	5:30pm - 6:25pm  ICG Cycling *(Orient./Interval) Dean			
6:00pm -6:55pm  ICG Cycling *(Strength Ride) Julia	6:00pm - 6:55pm REFIT® Jenna	6:00pm - 6:55pm  ZUMBA Allison E.	6:00pm - 6:55pm REFIT® Jennifer F.	Club Hours Mon - Thurs 5am - 11:30pm	Playroom Hours Mon - Thurs 8:30am-1pm, 4pm-8pm	
5:30pm -5:55pm **INTRO to Pilates Mat Lisa F.	7:00pm - 7:55pm PiYo Live! Amanda	6:00pm - 6:55pm **Pop Pilates Lisa F.	6:30pm - 6:55pm INTRO to ICG Cycling  *(Intro Class) Dean	Friday 5am - 9pm Saturday 7am - 8pm Sunday 8am - 8pm	Friday 8:30am - 1pm Saturday 8:30am - 1pm Sunday CLOSED	
6:00pm - 6:55pm **Pilates Mat Lisa F.		6:30pm - 7:25pm  ICG FTP Test* Dean	7:00pm - 7:55pm PiYo Live! Amanda			
7:00pm - 7:55pm **Yoga Flow Jennifer		7:00pm - 7:55pm **Yoga Flow Lisa F.				

Contacts

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