

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-10:25am Tone and Abs	10am-10:30am Stability Ball	10am-10:25am Tone and Abs	10am-10:45am General Cycling	10am-10:25am Tone and Abs	12pm-12:45pm General Cycling
10:35am-11:20 Aqua Aerobics	10:30am-11:15am General Cycling	10:35am-11:20 Aqua Aerobics	10:45am-11am Fab Abs	10:35am-11:20 Aqua Aerobics	<b>12pm-12:45pm Kenpo Karate*</b>
6:30pm-7:15pm Advanced Cycling	6:30pm-7:15pm General Cycling	6:20pm-7pm General Cycling	6:30pm-7:15pm General Cycling		
7pm-8pm Step and Tone <b>Aimee</b>	7:15pm-8pm Boxing <b>Banban</b>	6:35pm-7pm Kinesis Wall Tone Women Only	7:15pm-8pm Step Aerobics with Toning <b>Aimee</b>		
		7:20pm-8pm Aqua Aerobics			
		<b>8pm-9pm Kenpo Karate*</b>			

Please ask gym staff for class description

\* - pay as you go  
 classes

Studios for rent available now!  
 Please contact Maeve to hear more!  
 westgatefitness@gmail.com