

# West View Fitness @ The Sports Center



**Beginning Monday, July 22nd**

**All classes will be held at Westminster Sports Center in the Community Room or on the small indoor turf field unless otherwise noted on the schedule. There is not a weightroom or cardio equipment at this facility.**

**6051 W 95th Ave  
303-658-2393**

General Class  
Specialty Class

• = All levels \*\* = Intermediate/Advanced  
= SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yogalates • Monica * CPFC 6-7 a.m.					
Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Cathy 8-8:45 a.m.	Cardio Plus • Coleen 8-8:45 a.m.	SilverSneakers Classic® • Coleen 8-8:45 a.m.	SilverSneakers Circuit® • Coleen 8-8:45 a.m.	REB3L Strength & Groove • 8-9 a.m. Regina
SilverSneakers Circuit® • Jennifer 9-9:45 a.m.	Body Flex • Kelly 9-9:45 p.m.	SilverSneakers Circuit® • Coleen 9-9:45 a.m.	Barre Gold • Kelly 9-9:45 a.m.	Flex and Stretch • Kelly 9-9:45 a.m.	
Gentle Flow Yoga • Monica 10-11 a.m.	Barre • Kelly 10-11 a.m.	Gentle Flow Yoga • Monica 10-11 a.m.	Pilates Strength • Kelly 10-11 a.m.	Mindful Flow Yoga • Adrien 10-11 a.m.	
		Tai Chi • Bud 12-1 p.m. Check with front desk for location of class			
Tabata • Monica 5:15-6:15 p.m.	Barre • Monica 5:15-6:15 p.m.	Flex & Stretch • Monica 5:15-6:15 p.m.			
Yogalates • Monica 6:30-7:30 p.m.		Yogalates • Monica 6:30-7:30 p.m.	REB3L Groove • 6:30-7:15 p.m. REB3L Strength • 7:15-7:45 p.m. Regina		

\*Updated 7/22/4

\*All classes listed are subject to change or cancellation.