

WAMCLUBS

2025

FITNESS

CLASS

SCHEDULE

MONDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- STRENGTH TRAINING 8AM-8:30AM LENO|MP
- PILATES 9AM-10AM RIAN|MP
- SPIN 9AM-10AM STEVEN|WH
- HATHA YOGA 10:15-11:30AM WHITNEY
ZOOM ID 86712980969|WH
- QI GONG 10:30AM-11:30AM ANTON|MP
- AQUA EXERCISE 11AM-12PM EVELYN/JENNIFER|WH

TUESDAY

- SPIN 6:00AM-7:00AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9AM-9:55AM HOLLY
ZOOM ID 88010973408|WH
- OFF THE WALL STRENGTH 10:15AM-11:10AM WHITNEY|MP
- CORE BODY TRAINING 10:15AM-11:10AM VANESSA
ZOOM ID 81442350651|WH
- YOGA FOR TENNIS 5:45PM-7:00PM SAGE|MP

WEDNESDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- STRENGTH TRAINING 8AM-8:30AM LENO|MP
- POWER SHOP 8AM-8:55AM JOLENE|WH
- TAI CHI FLOW 9AM-10AM EVELYN|WH
- YOGA FOR TENNIS 9AM-10:00AM BETH|MP
- HATHA YOGA 10:15AM-11:30AM WHITNEY
ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM BETH|MP
- AQUA EXERCISE 11AM-12PM EVELYN/JENNIFER|WH
- HIIT 5:30PM-6PM HOLLY|MP
- RESTORATIVE YOGA 7PM-8PM LANAE
ZOOM ID 86712980969|WH

THURSDAY

- SPIN 6:00AM-7:00AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9:15AM-10:10AM HOLLY|WH
- OFF THE WALL STRENGTH 10:15-11:10AM WHITNEY|MP
- CORE BODY TRAINING 10:15-11:10 VANESSA
ZOOM ID 81442350651|WH
- YOGA FOR TENNIS 5:45-7:00PM BETH|MP

FRIDAY

- STRENGTH TRAINING 8AM-9AM HOLLY|MP
- CIRCUIT CITY 9AM-10AM STEVEN|WH
- GENTLE YOGA 10:15AM-11:30AM LANAE
ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM HOLLY|MP
- AQUA EXERCISE 11AM-12PM EVELYN/JENNIFER|WH
- HIIT 5:30PM-6PM HOLLY|MP

SATURDAY

- CARDIO INTERVAL 9AM-9:55AM HOLLY|WH
- YOGA 10:15AM-11:30AM SAGE|WH

SUNDAY

- MAT PILATES 8:00AM-9:00AM MARCHOND|WH
- YOGA 9AM-10:15 AM MARCHOND|WH



CLASS KEY

MP: MOUNTAIN PARK
WH: WEST HILLS

IN
PERSON
ONLY

HYBRID:
VIRTUAL &
IN PERSON
PASSWORD:
WAMCLUBS

UPDATED 8.1.25

AQUA EXERCISE

CLASS FOCUSES ON A LOW IMPACT WORKOUT IN A 3D ENVIRONMENT: RESISTANCE, BUOYANCY & WATER PRESSURE

SPIN

A HIGH INTENSITY LOW IMPACT CARDIO VASCULAR WORKOUT. COME READY TO SWEAT & HAVE A GREAT TIME WHILE IMPROVING YOUR HEART AND LUNGS

CARDIO INTERVAL

FOCUSES ON STEP AND FLOOR AEROBICS, INCLUDING INTENSE CARDIO VASCULAR CONDITIONING & COMPOUND STRENGTH TRAINING MOVEMENTS USING FREE WEIGHTS

POWER SHOP

STRENGTHEN & SCULPT YOUR MUSCLES USING THE STEP BENCH AND FREE WEIGHTS

MAT PILATES

THE PRINCIPAL OF PILATE'S FOCUSES ON FLEXIBILITY, BALANCE, CORE STRENGTH & BREATHING. ENHANCES FLEXIBILITY, IMPROVED BALANCE, & OVERALL BODY AWARENESS

CORE BODY TRAINING

FOCUS ON TOTAL BODY STRENGTH TRAINING WITH AN EMPHASIS ON CORE & POSTURE. YOU WILL USE LIGHT DUMBBELLS & BODY WEIGHT MOVEMENTS TO HELP STRENGTHEN YOUR BODY HEAD TO TOE

YOGA

TAP INTO YOUR UNLIMITED POTENTIAL, ACCESS YOUR INNER PEACE; ACHIEVE BALANCE, STRENGTH & FLEXIBILITY THROUGH YOGA POSES

HATHA YOGA

THIS STYLE OF YOGA FOCUSES ON TAKING THE TIME TO DISCOVER THE PROPER ALIGNMENT FOR EACH POSE. ATTENTION IS GIVEN TO BREATHING TECHNIQUE, FORM AND STRENGTH

YOGA VINYASA

THIS FLOW STYLE LINKS TOGETHER STRENGTHENING & STRETCHING POSES. THIS PRACTICE NOT ONLY INCREASES FITNESS LEVELS BUT IMPROVES RANGE OF MOTION AND ALLEVIATES STRESS & TENSION

GENTLE & RESTORATIVE YOGA

THESE STYLES OF YOGA FOCUSES ON THE FOUNDATIONS OF YOGA, OFFERING A WIDER RANGE OF MODIFICATIONS FOR EACH POSE

H.I.I.T

HIGH INTENSITY INTERVAL TRAINING! THIS 30 MINUTE WORKOUT WILL WORK YOUR ENTIRE BODY INCLUDING INTENSE CARDIO VASCULAR EFFORTS

STRENGTH TRAINING

THIS CLASS FOCUSES ON A VARIED WHOLE BODY WORKOUT WHERE YOU WILL EMPHASIZE GOOD FORM & PERFORM FUNCTIONAL QUALITATIVE MOVEMENTS

BARRE

IS DISTINGUISHED FROM OTHER GROUP FITNESS ACTIVITIES BY ITS USE OF THE BALLET BARRE & ITS INCORPORATION OF MOVEMENTS DERIVED FROM BALLET

YOGA FOR TENNIS

EXPLORE STRENGTH AND RANGE OF MOTION IN THIS CLASS GEARED TOWARDS TENNIS PLAYERS

TAI CHI FLOW

A GUIDED, THERAPEUTIC PRACTICE FOR BALANCE, COORDINATION, AND MENTAL CALMNESS

OFF THE WALL

A TOTAL BODY STRENGTH TRAINING WORKOUT THAT WILL FOCUS ON BUILDING MUSCULAR STRENGTH AND ENDURANCE WHILE ALSO INCREASING GENERAL RANGE OF MOTION AND COMFORTABILITY IN YOUR BODY ALL WHILE USING THE WALL!