

2020 Fall Adult GYM 60 Classes

Day	Time	Class Type	Location	Instructor
Monday	4:30-5:30 PM	Limited Mobility Circuit	Westwood HS	Kelly Ross
Tuesday	5:15-6:00 AM	HIIT	Westwood HS	Marcy Befus
	4:30-5:30 PM	Zumba**	Lakeview	Sherri Allen
Wednesday	4:30-5:30 PM	Limited Mobility Circuit	Westwood HS	Kelly Ross
Thursday	5:15-6:00 AM	HIIT	Westwood HS	Marcy Befus
Saturday	9:00-10:00 AM	Spinning**	Westwood HS	Sasha Beck

Like us on Facebook, “GYM 60-Get Yourself Moving” for all class cancellations and changes!

HIIT: High Intensity Interval Training – good for any skill level, and modifiable

Limited Mobility Circuit – Circuit training for individuals with limitations: knees, backs, hips, etc

*Spinning – coming soon, indoor cycling with focus on strength, endurance, intervals and recovery

Zumba: Beginning October 6, fitness dance class, great for cardiovascular system.

Gyms are open, with limited hours and Capacity. For access, please contact Michelle Heitmann.

- ➔ Westwood: 4am – 7:30am, 3pm – 10pm
- ➔ Aquatic Center: 4am – 10am, 3pm – 10pm

COVID 19 Safety Precautions

- ➔ Please adhere to social distancing measures
- ➔ Please wipe down all equipment after use