

Westside Community CENTER

2015
FITNESS
SCHEDULE



1250 Isleta Blvd. SW
Albuquerque, NM 87105
(505) 314-0176

Fitness
NUMBERS

Group Fitness Classes
(505) 314-0176

Fitness Center
(505) 314-0279

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 a.m - 8 p.m.	Fitness Center OPEN	Fitness Center OPEN	Fitness Center OPEN	Fitness Center OPEN	Fitness Center OPEN (Closed at 7 p.m.)
9:30 a.m - 10:30 a.m.	Cardio Weightloss/Boxing	Cardio Weightloss/Boxing	Cardio Weightloss/Boxing	Cardio Weightloss/Boxing	Cardio Weightloss/Boxing
10 a.m - 11 a.m.	Zumba		Zumba		
5:30 p.m - 7 p.m.	Boxing	Boxing	Boxing	Boxing	
6 p.m - 7 p.m.	Dance Aerobics (FREE)	Step Aerobics (Gym) Zumba (Dance room)		Step Aerobics (MP room) Zumba (Gym)	Piloxing (Bring yoga mat)
6 p.m - 8 p.m.		All Star Youth Karate			
5:30 p.m - 8 p.m.	Shotokan Karate		Shotokan Karate		

CLASS DESCRIPTIONS

Please fill out registration forms prior to participating in any of the above programs.

STEP AEROBICS: A heart-pumping cardiovascular workout using traditional step and kick boxing movements which brings you a high-impact, 35-45 minute workout, including core strengthening exercises and a cooldown period.

BOXING: Learn the fundamentals of boxing while training and sparring.

DANCE AEROBICS: A high impact dance workout incorporating hip hop, Latin rhythms, & a variety of dance styles, music and movement providing a fun and effective cardio workout.

PILOXING: A high energy fusion combining pilates, boxing and dance.

ZUMBA: High energy dance class.

SHOTOKAN KARATE: Shotokan Karate is a form of Karate in which students learn self-defense, develop awareness of one's surroundings, increase coordination and flexibility, build self-confidence and self-esteem, as well as develop discipline and self-control. Students also learn Japanese terminology as they practice karate.

Any person participating
in these classes must sign a
registration and waiver form.

BERNALILLO COUNTY 

WE'RE MORE THAN YOU THINK