

Fitness Floor Class Schedule



September 2nd – October 27th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		FIT Zone	FIT Zone		FIT Zone	
8:00 am		CREW	FIT Zone Senior	CREW		
9:00 am		FIT Zone Senior (9:30am) CREW	FIT Zone	FIT Zone Senior CREW		
12:30 pm				FIT Zone		
5:00 pm	CREW (45 min)	FIT Zone (5:30pm)	CREW			
6:30pm	FIT Zone (7 weeks) No class Labor Day					

Class	Fee	Class Length
CREW	FREE	60 minutes
FIT Zone	\$55	45 minutes
FIT Zone Senior	\$55	45 minutes

Please contact Anne Barber 262-513-7209 with questions

Revised 9/07/2018
www.westwoodfitness.org

Fitness Floor Schedule Class Descriptions

CREW Rowing Classes

Indoor rowing is a low impact cardiovascular exercise that works the entire body. Rowing is easy to learn and can be beneficial to all ages and abilities since you are in control of your resistance and how hard you pull and push. Class will be mixed with other cardiovascular and strength components for a total body workout

FIT Zone

FIT zone fitness offers quality Personal Training in a small group setting. Combing strength circuits using battle ropes, balls, bands, TRX and many other innovating training techniques that produce results.

Senior FIT Zone

Senior FIT zone fitness offers quality Personal Training in a small group setting. Taking everyday movement patterns and designing a strength program around it.