

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
8 a.m - 9 p.m.	Fitness Center OPEN	Fitness Center OPEN	Fitness Center OPEN	Fitness Center OPEN	Fitness Center OPEN (Closed at 5:30 p.m.)
9:30 a.m - 10:30 a.m.	Cardio Weightloss/Boxing	Cardio Weightloss/Boxing	Cardio Weightloss/Boxing NEW! Wednesdays 7 - 8 p.m. Fridays 6 - 7 p.m.	Cardio Weightloss/Boxing	Cardio Weightloss/Boxing NEW! Wednesdays 7 - 8 p.m. Fridays 6 - 7 p.m.
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.		Step Aerobics		Step Aerobics	
6 p.m - 9 p.m.		All Star Youth Karate			
5:45 p.m - 8:30 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.

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.



\$25 for 20 Workouts/Group Classes-Fitness Center/Step Aerobics (Seniors 50 & older, City & County employees FREE)

CARDIO WEIGHTLOSS/BOXING-\$20/40 per month
ZUMBA-\$25/20 visits
BOXING- \$30/ month
ALL STAR YOUTH KARATE-\$40 registration & \$8/class
SHOTOKAN KARATE- \$57/month



BERNALILLO COUNTY



WE'RE MORE THAN YOU THINK

FREE
CLASSES ON THIS SIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 p.m - 1 p.m.	Step Aerobics		Step Aerobics		
6 p.m - 7 p.m.	Dance Aerobics		Dance Aerobics		Dance Aerobics
7 p.m - 8 p.m.					

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.

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.

FITNESS FEES:

The classes listed on this page are FREE to everyone.

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

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