



# April 2025

## Westwood Ridge

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 10:00 – Stronger Bodies 1:00 – Stronger Bodies
7	8 10:00 – Stronger Bodies 1:00 – Stronger Bodies	9	10	11 10:00 – Stronger Bodies 1:00 – Stronger Bodies
14	15 10:00 – Stronger Bodies 1:00 – Stronger Bodies	16	17	18 10:00 – Stronger Bodies 1:00 – Stronger Bodies
21	22 10:00 – Stronger Bodies 1:00 – Stronger Bodies	23	24	25 10:00 – Stronger Bodies 1:00 – Stronger Bodies
28	29	30		

## Class descriptions:

### **Stronger Bodies**

Starts with 10 minutes of seated stretching/warm-up exercises specific to the upper body. Leads into 20 minutes of dumbbell exercises, focused on the upper body. Exercises include: shoulder press, bicep curls, triceps extensions, and rows. These exercises can be seated or standing.