



February 2025

Westwood Ridge

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 10:00 – Stronger Bodies 1:00 – Stronger Bodies	5	6	7 10:00 – Stronger Bodies 1:00 – Stronger Bodies
10	11 10:00 – Stronger Bodies 1:00 – Stronger Bodies	12	13	14 10:00 – Stronger Bodies 1:00 – Stronger Bodies
17	18 10:00 – Stronger Bodies 1:00 – Stronger Bodies	19	20	21 10:00 – Stronger Bodies 1:00 – Stronger Bodies
24	25 10:00 – Stronger Bodies 1:00 – Stronger Bodies	26	27	28 10:00 – Stronger Bodies 1:00 – Stronger Bodies

Class descriptions:

Stronger Bodies

This class is focused on overall functional strength-building for lower and upper body using dumbbells, resistance bands, and other equipment. Great for beginners.