



# March 2025

## Westwood Ridge

| Monday | Tuesday   | Wednesday | Thursday | Friday  |
|--------|---|-----------|----------|---|
| 3      | 4   | 5         | 6        | 7<br>10:00 – Stronger Bodies<br>1:00 – Stronger Bodies  |
| 10     | 11<br>10:00 – Stronger Bodies<br>1:00 – Stronger Bodies | 12        | 13       | 14<br>10:00 – Stronger Bodies<br>1:00 – Stronger Bodies |
| 17     | 18<br>10:00 – Stronger Bodies<br>1:00 – Stronger Bodies | 19        | 20       | 21<br>10:00 – Stronger Bodies<br>1:00 – Stronger Bodies |
| 24     | 25<br>10:00 – Stronger Bodies<br>1:00 – Stronger Bodies | 26        | 27       | 28<br>10:00 – Stronger Bodies<br>1:00 – Stronger Bodies |
| 31     |   |           |          |   |

## Class description:

### **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.