

Monday, Wednesday, Friday 7am – 4pm

Tuesday, Thursday 7 am – 6 pm



WEST VIEW
WELLNESS CENTER

MAY 2026 LAND CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | | | | 1 Zumba Gold –Janel 8:45a-9:30a SS Classic – Nena 10:30a-11:15a |
| 4 Firm Body Mat-9a-9:45a Belinda Zumba Chair – 10a -10:45a Janel Mind over Muscle BC 11a – 11:30 Sunny | 5 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p | 6 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p | 7 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p | 8 Zumba Gold –Janel 8:45a-9:30a SS Classic Nena 10:30a-11:15 |
| 11 Firm Body Mat-9a-9:45a Belinda Zumba Chair – 10a -10:45a Janel Mind over Muscle BC 11a – 11:30 Sunny | 12 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p | 13 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p | 14 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p OUT | 15 Zumba Gold –Janel 8:45a-9:30a SS Classic – Nena 10:30a-11:15a |
| 18 Firm Body Mat-9a-9:45a Belinda Zumba Chair – 10a -10:45a Janel Mind over Muscle BC 11a – 11:30 Sunny | 19 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p | 20 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p | 21 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p | 22 Zumba Gold –Janel 8:45a-9:30a SS Classic – Nena 10:30a-11:15a |
| 25 MEMORIAL DAY - CLOSED | 26 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p | 27 Power Play BC-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p OUT | 28 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p | 29 Zumba Gold –Janel 8:45a-9:30a OUT SS Classic – Nena 10:30a-11:15a |

***CLASSES SUBJECT TO CHANGE DAILY**