

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:00am YOGA Tara				
8:00am YO-CHI Bob	8:00am YOGA Christa	8:00am YOGA Tara	8:30-9:00am STEP EXPRESS (LOW IMPACT) Angela	8:00am WEIGHT LIFT Andy	8:00am YOGA Bob	9:00AM ZUMBA JING
9:15am WEIGHT LIFT Christa	9:15am STEP COMBO Angela	9:15am ZUM-POP! Sally	9:15am STRONG Angela	9:15am YOGA Bob	9:15am STEP COMBO Angela	
10:30 ZUMBA Coco		10:30 AIR BOXING Andy		10:30 ZUMBA STRONG Coco	10:30am ZUMBA Jing	
					<p>Westford Regency Health Club Hours of Operation Monday-Friday 5:00am-9:00pm Saturday-Sunday 7:00am 4:00pm Health Club Manager Mary Lee mlee@westfordregency.com Club Number: 978-727-8703</p>	
5:30pm BOOTCAMP Andy	5:30pm BARRE Katy	5:30pm STEP COMBO Angela	5:30pm BOOTCAMP Mary	5:30pm ZUMBA-TONING Jing		
6:30pm SLOW FLOW YOGA Karen	6:30pm ZUM-POP Amanda		6:30pm YOGA Bob			

INDOOR CYCLING

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00am Elaine/Meg		6:00-6:30am Tara		6:00am Meg	7:15am Meg	
9:00am Various				9:00am Sally		8:00am Mary/Elaine
						<p>Schedules Subject to Change. Last updated: 02/05/25</p>
	6:00pm Sally					

Aero Box + Pump	Light Shadowboxing, Strength training circuit, Conditioning/ cardio based exercises, Class will focus on strength, Cardiorespiratory fitness, and mobility.
Barre	A Ballet & Pilates inspired shoeless, mat-based fitness class that lengthens & strengthens targeted muscle groups using small moves that create big results.
Yoga	Breathe and flow through the Regency Health Club yoga classes offered by instructors with diverse backgrounds in power lifting, cycling, ballet and more. Each will share a unique yoga experience in this shoeless, mat-based class.
Weight Lift	Strength training using dumbbells, body bars, Swiss balls, resistance bands & other props to rev the body's metabolism & resilience.
Step Combo	A one-hour workout that will improve your cardiovascular fitness and body strength. You will step up, around, and down from the platform in different patterns to boost your heart rate and strengthen your muscles using dumbbells and body weight with plenty of options to help make your workout a success. All fitness levels are welcomed.
Zumba Zum-POP	"Ditch the Workout, Join the Party" with ZUMBA, the Latin-inspired Internationally-acclaimed class that burns calories & works the heart.
Bootcamp	A combination of Cardiovascular and Resistance training exercises in this fun Interval Training class. Kickboxing combinations & timed drills maybe incorporated.
STRONG	A one-hour total body strength training workout that combines continuous cardiovascular activity with light, moderate, or heavy weights. The class offers innovative exercises using an adjustable barbell and/or hand weights, and body weight with plenty of options to help make your workout a success. All fitness levels are welcomed.
Step Express	Low Impact 30 minute class designed to improve your cardiovascular fitness and movement health with simple athletic exercises using a platform to step up, around, and down in different patterns with plenty of options to help make your workout a success. All fitness levels are welcomed.
Spin	Join us in the spin room for a low impact, high intensity, fun and engaging workout with upbeat playlists that complement a terrain of hills, sprints and flats