

HOURS OF OPERATION

Monday, Wednesday, Friday 7am – 4pm

Tuesday, Thursday 7 am – 7 pm



WEST VIEW
WELLNESS CENTER

JANUARY 2026 LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED HAPPY NEW YEAR!	2 SS Classic – Nena 10:30a-11:15a OUT
5 Firm Body Mat-9a-9:45a Belinda	6 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p – 2:45p	7 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	8 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny 11:45a-12:30p	9 SS Classic – Nena 10:30a-11:15a
12 Firm Body Mat-9a-9:45a Belinda	13 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	14 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	15 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny 11:45a-12:30p	16 SS Classic – Nena 10:30a-11:15a
19 Firm Body Mat-9a-9:45a Belinda	20 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	21 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	22 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny 11:45a-12:30p	23 SS Classic – Nena 10:30a-11:15a
26 Firm Body Mat-9a-9:45a Belinda	27 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	28 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	29 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny 11:45a-12:30p	30 SS Classic – Nena 10:30a-11:15a

CLASSES SUBJECT TO CHANGE DAILY