

Get Pumped Up With Us!



Join our new Body Pump class to build and tone muscles in a fun and energetic group environment. See the schedule for class times.

Whitmore Fitness Center

4960 W. Whitmore Drive Birmingham Heights
(311) 555-3849 www.WhitmoreFitnessCtr.com
Mon. Fri. 7 a.m. 9 p.m., Sat. Sun. 8 a.m. 6 p.m.

November Class Schedule

Water Aerobics

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Whitmore East Pool

Mondays & Thursdays
9:00 a.m. to 10:30 a.m.

Classic Aerobics

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Classroom 4B

Mondays & Wednesdays
6:00 p.m. to 7:00 p.m.

Tuesdays & Fridays
10:00 a.m. to 11:00 a.m.

Step Aerobics

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Classroom 3C

Tuesdays & Thursdays
6:00 p.m. to 7:30 p.m.

Kickboxing

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Classroom 4A

Mondays & Thursdays
6:00 p.m. to 7:00 p.m.

Tuesdays & Saturdays
8:00 a.m. to 9:00 a.m.

Beginning Yoga

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Classroom 2B

Mondays & Wednesdays
9:00 a.m. to 10:30 a.m.

Tuesdays & Thursdays
5:00 p.m. to 6:30 p.m.

Intermediate Yoga

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Classroom 2B

Mondays & Wednesdays
11:00 a.m. to 12:30 p.m.

Tuesdays & Thursdays
7:00 p.m. to 8:30 p.m.

Body Pump

New!

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Classroom 3A

Mondays & Thursdays
7:00 p.m. to 8:00 p.m.

Tai Chi

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Classroom 4A

Mondays & Thursdays
7:30 p.m. to 8:30 p.m.

Tuesdays & Saturdays
9:30 a.m. to 10:30 a.m.

Tae Kwon Do

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Classroom 4C

Tuesdays & Wednesdays
7:00 p.m. to 8:00 p.m.

Mondays & Fridays
9:00 a.m. to 10:00 a.m.

Spinning

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Classroom 4B

Tuesdays & Saturdays
9:00 a.m. to 10:30 a.m.