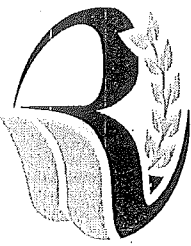


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																					
		6:30-7:00am Yoga Tara			 WESTFORD REGENCY inn & conference center																						
8:00-9:00am Yoga Sheila		8:00-9:00am Yoga Tara		8:00-9:00am Yoga Bob																							
9:30-10:30am Weight Lift Christa	9:00-10:00m Step Combo Angela	9:30-10:30am Zumba Sally		9:30-10:30am True Functional Fitness Sheila Begins 11/19	8:00-9:00m Bootcamp Andy																						
					9:30am-10:30am Step Combo Anna																						
					11-12pm Zumba Taunika																						
				Hours of Operation Monday-Thursday 5:00am-9:30pm Friday 5:00am-8:00pm Saturday & Sunday 7:00am-6:00pm WRHC 219 Littleton Road, Westford, MA 01886 Health Club Director: scoombes@westfordregency.com (978)850-4931																							
5:15-6:15pm Muscle Andy	5:15-6:15pm Zumba Taunika	5:15pm-6:15pm Step Combo Angela	5:15pm-6:15pm Small Grp Training Kim Begins 12/2 Sign up at HC Front Desk	WATER AEROBIC CLASSES																							
6:30-7:30pm Slow Flow Yoga Karen	6:30-7:30pm Step Combo Anna	6:30pm-7:30pm Zumba Cinthy	6:30-7:30pm Yoga Bob	<table border="1"> <thead> <tr> <th>MON.</th> <th>TUE.</th> <th>WED.</th> <th>THUR.</th> <th>FRI.</th> <th>SAT.</th> <th>SUN.</th> </tr> </thead> <tbody> <tr> <td>9:00-10:00am Lorena</td> <td></td> <td>9:00-10:00am Lorena</td> <td></td> <td>9:00-10:00am Diane</td> <td>9:00-10:00am AquaZumba Vera</td> <td></td> </tr> <tr> <td>6:30-7:30pm Aqua-Zumba Vera</td> <td></td> <td>6:30-7:30pm AquaZumba Taunika</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>			MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	9:00-10:00am Lorena		9:00-10:00am Lorena		9:00-10:00am Diane	9:00-10:00am AquaZumba Vera		6:30-7:30pm Aqua-Zumba Vera		6:30-7:30pm AquaZumba Taunika				
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	6:00-7:00pm Sally			Cycling classes require advance reservation. Class schedule & club hours subject to change. Specialty Classes & SGT Classes require advance reservation and payment.																							

11/10/21 12/8/21