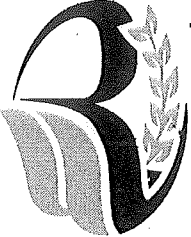


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:00am Yoga Tara			 WESTFORD REGENCY inn & conference center	
8:00-9:00am Yoga Sheila		8:00-9:00am Yoga Tara		8:00-9:00am Yoga Bob		

9:15-10:15am Weight Lift Christa	9:15-10:15am Step Combo Angela	9:15-10:15am Zumba Sally	9:15-10:15am **Step Combo / Strong Mariel / Angela Begins 4/7 (weekly rotation)	9:15-10:15am True Functional Fitness Sheila	8:00-9:00am Bootcamp Andy	
					9:15-10:15am Step Combo Katy	
					10:30-11:30am Zumba Vera	

5:15-6:15pm Muscle Andy	5:15-6:15pm TBA	5:15pm-6:15pm Step Combo Angela	5:15pm-6:15pm Small Grp Training Kim Sign up at HC Front Desk
6:30-7:30pm Stow Flow Yoga Karen	6:30-7:30pm Step Combo TBA	6:30pm-7:30pm Zumba Stefanie	6:30-7:30pm Yoga Bob

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

INDOOR CYCLE

WATER AEROBIC CLASSES

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
		6:00-6:30am Tara		6:00-7:00am Meg	7:15-8:15am Meg	
9:15-10:15am Sheila		9:15-10:15am Sue		9:15-10:15am Sally		8:00-9:00am Mary /Emily

MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
9:00-10:00am TBA		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 TBA				

6:00-7:00pm
Sally

6:00-7:00pm
Emily

Cycling classes require advance reservation. Class schedule & club hours subject to change. Updated 6/18/22
Specialty Classes & SGT Classes require advance reservation and payment.
**** Please note: Class format will rotate weekly and subject to change.**