

# GROUP FITNESS SCHEDULE - May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00am Lower Studio Pilates (De)	5:30-6:30am Lower Studio Spin & More (Michelle)	5:30-6:30am Lower Studio Spin (Marc)	5:30-6:30am Lower Studio Spin & More (Michelle)	5:30-6:30am Lower Studio Spin (Marc)	8:15-9:15am Upper Studio TABATA (Kellie)	9:00-10:00am Lower Studio Spin & More (Michelle)
9:15-10:15am Upper Studio Barre Fusion (Teresa)	9:15-10:00am Upper Studio Body Sculpt (Miranda)	5:15-6:00am Upper Studio Pilates & More (De)	9:15-10:00am Lower Studio Pilates (Teresa)	9:15-10:15am Upper Studio Zumba (Jean)	8:30-9:15am Lower Studio Spin (Michelle - 5/13) (Melissa- 5/6) (Marc- 5/20)	9:00-10:00am Upper Studio Rumble (Julianne)
5:30-6:30pm Lower Studio Body Sculpt (Amy) <b>NEW CLASS!</b>	11:00-12:00pm Upper Studio Silver & Fit (Victoria) <b>NEW CLASS!</b>	10:00-11:00am Upper Studio Zumba (Jean)	9:30-10:30am Upper Studio Barre Fitness (Eileen) <b>*Except 5/25 NEW CLASS!</b>	10:30-11:15am Upper Studio Yoga (Mary Beth)	9:30-10:30am Upper Studio R.I.P.P.E.D (Julianne) <b>*Only 5/6, 5/20</b>	
5:30-6:15pm Upper Studio Circuit Training (Ben)	5:15-6:00pm Upper Studio R.I.P.P.E.D (Kellie)	5:30-6:15pm Upper Studio Barre Fitness (Karen)	11:00-12:00pm Upper Studio Silver & Fit (Victoria) <b>NEW CLASS!</b>		9:30-10:30am Upper Studio POUND (Jen) <b>*Only 5/13, 5/27</b>	
7:00-7:45pm Lower Studio Easy Flow Yoga (De)	5:30-6:15pm Lower Studio Spin (Melissa)	6:30-7:30pm Upper Studio Zumba (Allie)	12:00-12:45pm Turf Strength & Conditioning (Miranda)		9:30-10:15am Lower Studio Yoga Flow (Lauren H)	
	6:15-7:00pm Upper Studio Yoga (Jacinda)		5:00-5:30pm Lower Studio Core Crusher (Ben)			
	7:15-8:15pm Upper Studio Zumba (Allie)		5:45-6:45pm Lower Studio Cardio Sculpt (Amy) <b>NEW CLASS!</b>			
			5:45-6:45pm Upper Studio Zumba (Val)			

**MEMORIAL DAY HOURS:  
6:00am-3:00pm**

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610-401-0668

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**Spin (Marc, Melissa, Michelle, Kristin)** - Spin classes offer a non impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, these classes offer a challenging opportunity to get your heart pumping, burn serious calories, and leave you with a feeling of accomplishment and perhaps a desire to be out on the road!

**ZUMBA® & ZUMBA Toning® (Kate, Norma, Jean, Allie, Val)** – A fusion of Brazilian and Latin dance themes that create a dynamic and exciting, yet easy to follow class. It combines high energy and motivating music with unique moves and combinations to increase aerobic fitness. Open for fitness all levels.

**Senior Fitness (Natalie, Dorrine, Eileen)**- Senior class designed using weights and resistance tubing to increase strength. Also includes cardio segments to increase cardio health.

**Yoga & Yoga Flow (Jacinda, Lauren H, Mary Beth)** – A discipline which includes breath control, simple meditation, and the adoption of specific bodily postures for health and relaxation. A vinyasa flow style of yoga.

**Circuit Training (Ben, Miranda)** - Incorporate different pieces of equipment each week to keep your body guessing! This class focuses on building muscular strength and endurance. If your focus is to build muscle and burn fat, this class is for you!

**R.I.P.P.E.D (Kellie, Julianne)** - A total body, high intensity style program utilizing free weights, resistance, and body weight. This workout combines the components of interval training & mixed martial arts and is able to be modified for all fitness levels!

**RUMBLE (Julianne, Kellie)** - RUMBLE by R.I.P.P.E.D is a cardio based mixed martial arts format that combines punches, kicks and an Escrima stick. It can be modified for all fitness levels!

**Barre Fitness (Karen, Eileen)** - An athletic workout that is ballet inspired. A total body workout that uses small isometric movements to sculpt, shape, and create lean bodies. A variety of tools help tone & tighten your body from head to toe. No dance experience needed. Bare feet or gripper socks are best suited for this workout.

**Barre Fusion (Teresa)** - A low impact and total body workout that is ballet inspired, and uses small isometric movements to sculpt, shape, and create lean bodies. This class is fused with other movements such as Pilates and Yoga to help with balance and core strength. Bare feet or gripper socks are best suited for this workout.

**Pilates (De, Teresa)**- Multi-Level class in Pilates mat work. The concepts of alignment, breathing, and control will be learned, as well as the mat exercise. Pilates addresses the foundational muscles essential for fluidity of motion that are fundamental for all types of exercise and athletics.

**Body Sculpt, Cardio Sculpt (Miranda, Amy)** - A muscle toning class utilizing weight bars, steppers, exercise bands & dumbbells to burn a ton of calories using weight training moves!

**Spin & More (Michelle)** - A combination of a traditional spin class, along with resistance exercises using light dumbbells and resistance bands. The core will also be worked in this class!

**TABATA (Kellie)**- high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds!

**Chair Yoga (Leesha)**- Yoga done in a chair, suitable for all levels but geared towards those with mobility challenges!

**Easy Flow Yoga (Leesha)** - An all levels class with both hatha and vinyasa. This class will also include mindfulness to help relieve some stress!

**\*Classes are subject to change at any time. Please check our facebook page and website for up-to-date class offerings and time changes.**

Kate is always the 1st of the month and rotates weekends





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