

WYO WEST SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am-9:25am Zumba (Karen)	*9:00am-9:30am Senior Cycle (Eileen)	9:30am-10:25am Body Scuplt (Joella)	8:45am-9:30am Spin (Kay)	8:30am-9:30am Fitness Fusion (Karen)	8:30am-9:25am Barbell Sculpt (Amy K.)	8:30-9:15am Spin (Natalie 9.7 & 21) (Kay 9.28) (Dave 9.14)
9:30am-10:15am Spin (Cindy)	9:30am-10:25am Barre (Eileen)	9:30am-10:15am Spin (Kay)	9:30-10:15am YOGA SCULPT (Dorrine)	9:30am-10:30am Cardio Sculpt (Joella) (Melissa 9.26)	8:30am-9:15am Spin (Dorrine)	9:30-10:30am YOGA SCULPT (Dorrine) (9.7, 14 & 21)
9:30am-10:25am Barbell Sculpt (Joella)	4:30pm-5:15pm Spin (Cindy)	*10:30am-11:30am Senior Fitness (Karen)	*10:30am-11:30am Senior Fitness Weights/ Balance (Dorrine)	*10:30am-11:15am ZUMBA GOLD/TONE (Tricia)	9:30am-10:15am Sculpt/Barre (Dorrine)	9:30-10:30am PILATES (Natalie 9.28)
*10:30am-11:15am Senior Chair Yoga (Karen)	5:30pm-6:15pm Cardio Sculpt (Natalie)	4:30pm-5:15pm Sculpt & Core (Dorrine 9.3 & 17) (Natalie 9.10 & 24)	5:30pm-6:30pm Spin & More (Melissa)			
5:30PM-6:15PM Barre (Carol 9.8 & 22) (Natalie 9.15 & 29)	6:20pm - 7:20pm POUND (Jen)	5:30pm-6:15pm Barbell Sculpt (EXPRESS-NEW FORMAT) Natalie				
5:30pm-6:15pm Spin (Karilyn)		5:30pm-6:15pm SPIN (Dorrine 9.3 & 17) (Carol 9.10 & 24)				
6:20pm-7:05pm HIIT (Melissa L.)						*CLASSES ARE DESIGNED FOR MEMBERS 65 AND OVER
Labor Day Classes: 9:30am Cycle 9:30am Barbell Sculpt						
LABOR DAY, SEPTEMBER 1 - HOURS 6AM - 3PM (NO CHILDCARE) CLASSES: 9:30AM SPIN & 9:30AM BARBELL SCULPT				www.wyofitclubs.com/class-schedule 610-372-9131		

Spin (Dorrine, Carol, Melissa, Natalie, Eileen, Cindy, Kay, Karilyn, Dave) - 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!
Spin & More (Melissa) - A combination of a traditional spin class, along with resistance exercises using light weights and resistance bands. The core will also be worked during this class.
Cardio Sculpt (Natalie, Joella, Amy B) - Take your cardio endurance to this next level with the high intensity cardio class mixed with weights. In this class you will do a mix of all types of cardio and combine it with great fat burning weight exercises.
POUND (Jen) - Sweat, sculpt and ROCK your body with a series of fun and effective POUND workouts that combine cardio and strength to tone your lower body, sculpt your upper body.
ZUMBA ® (Karen, Tricia & Amy B.) – 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.
Fitness Fusion (Karen & Helen) - A total body fitness class suitable for ALL fitness levels, low impact cardiovascular conditioning followed by or interspersed with strength, balance, and flexibility training utilizing a variety of fitness tools.
Sculpt/CORE (Dorrine) -This class combines weight lifting and isolated moves using your core muscles. Emphasis is on Core.
Yoga Sculpt (Dorrine) – This 55 minute class has a little bit of everything. You get the benefits of yoga and pilates mixed with some weights and cardio
Restorative Yoga (Stephanie) – A moderate paced vinyasa class welcomes all students to flow through poses with a focus on alignment and their breath. Intentional transitions and pose expressions/modifications are encouraged to allow students to make each pose their own. This class will help build and maintain flexibility, strength, and balance
Barre (Dorrine, Carol, Natalie, 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.
Chair Yoga (Karen L.) - A gentle way to boost strength, balance, range of motion, and flexibility. Participants will move through seated and standing yoga poses. In addition to the physical benefits of this class, participants will also engage in breathing exercises and relaxation techniques to promote stress reduction.
Body Sculpt (Dorrine, Carol, Joella, Melissa, Natalie) - A muscle toning class utilizing dumbbells and exercise bands to sculpt every muscle of the body.
Senior Cycle (Eileen) - This senior class is a non impact cardiovascular class which is done at a lower intensity that is safe for seniors. Class is taught on stationary spin bikes.
Senior Fitness (Natalie, Dorrine, Eileen, Tricia) - Senior class designed using weights and resistance tubing to increase strength. Also includes cardio segments to increase cardio health.
Senior Weights/Balance (Dorrine) - This class is a Senior level class. In this class we use the barres on the walls to work our balance.
Barbell Sculpt (Amy K. , Adrienne) - A muscle toning class utilizing barbells, steppers, exercise bands & dumbbells to burn a ton of calories
Senior Dance (Tricia, Karen) - This class is a low impact dance class designed especially for Seniors. Safe and fun for all ages.
Power Flex (Mike) – This 45 minute class is desinged to create total body strength, challenge muscle endurance & expand flexibility with a heavy concentration on the athletic benefits of Yoga.
Box N' Burn (Henry & ACE) - Includes various striking and kicking combinations. It will give you an amazing core by engaging every muscle in your stomach with each punch and kick. It will tone your total body, burn calories, improve coordination/balance and increase your cardiovascular fitness. Bag work is included.
*Classes are subject to change at any time. Please check our facebook page and website for up-to-date class offerings and time changes.