

# WEST MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am-9:25am Zumba (Karen)	5:45am-6:30am Cycle Express (Sarah) <b>(NEW TIME)</b> <b>(NO CLASS ON 3RD)</b>	9:30am-10:25am Sculpt (Joella)	8:45am-9:30am Spin (Kay)	8:30am-9:30am Fitness Fusion (Karen)	8:30am-9:25am Barbell Sculpt (Amy)	8:30-9:15am Spin (Natalie 8 & 22) (Sarah 15 & 29) (Karilyn 1st)
9:30am-10:15am Spin (Cindy)	*9:00am-9:30am Senior Cycle (Eileen)	9:30am-10:15am Spin (Kay)	9:30-10:15am Barbell Sculpt (Chrystine)	9:30am-10:30am Cardio Sculpt (Joella)	8:30am-9:15am Spin (Dorrine)	9:30-10:30am YOGA SCULPT (Dorrine) (1, 15 & 29)
9:30am-10:25am YOGA SCULPT (Dorrine 9 & 23)	9:30am-10:25am Barre (Eileen)	*10:30am-11:30am Senior Fitness (Karen)	*10:30am-11:30am Senior Active Movement (Mitch)	*10:30am-11:15am ZUMBA GOLD/TONE (Tricia)	9:30am-10:15am Sculpt/Barre (Dorrine)	9:30-10:30am PILATES (Natalie) (8 & 22)
9:30am-10:25am BARBELL SCULPT (Joella 2, 16 & 30)	4:30pm-5:15pm Spin (Cindy)	4:30pm-5:15pm Sculpt & Core (Dorrine 11 & 25) (Natalie 4 & 18)	5:30pm-6:30pm Spin & More (Melissa 12, 19, 26) (Dorrine 5th)			
*10:30am-11:30am Senior Active Movement (Mitch)	5:30pm-6:15pm Cardio Sculpt (Natalie)	5:30pm-6:30pm Barbell Sculpt (Adrienne)	5:30pm- 6:15pm Pilates Strength & Conditioning (Chrystine)			
5:30PM-6:15PM Barre (Carol 9 & 23) (Natalie 2, 16 & 30)	6:20pm - 7:20pm POUND (Jen)	5:30pm-6:15pm SPIN (Carol 4th) (Dorrine 11 & 25) (Natalie 18)				
5:30pm-6:15pm Spin (Karilyn)						*CLASSES ARE DESIGNED FOR MEMBERS 65 AND OVER
6:20pm- 7:10pm HIIT (Phet)						

INTRO TO MACHINES W/TRAINER KATHY - MARCH 4 @ 11AM - \$10 FEE  
HAPPY ST. PATRICKS DAY

[www.wyofitclubs.com/class-schedule](http://www.wyofitclubs.com/class-schedule)  
610-372-9131

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<p><b>Spin (Dorrine, Carol, Melissa, Natalie, Eileen, Cindy, Kay, Karilyn, Dave, Sarah)</b> - 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!</p>
<p><b>Spin &amp; More (Melissa)</b> - 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.</p>
<p><b>Cardio Sculpt (Natalie, Joella)</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.</p>
<p><b>POUND (Jen)</b> - 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.</p>
<p><b>ZUMBA® (Karen &amp; Tricia)</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.</p>
<p><b>Fitness Fusion (Karen)</b> - 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.</p>
<p><b>Sculpt/CORE (Dorrine &amp; Natalie)</b> -This class combines weight lifting and isolated moves using your core muscles. Emphasis is on Core.</p>
<p><b>Yoga Sculpt (Dorrine)</b> – This 55 minute class has a little bit of everything. You get the benefits of yoga and pilates mixed with some weights and cardio</p>
<p><b>Barre (Dorrine, Carol, Natalie, Eileen)</b> - 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 &amp; tighten your body from head to toe. No dance experience needed. Bare feet or gripper socks are best suited for this workout.</p>
<p><b>Body Sculpt (Dorrine, Carol, Joella, Melissa, Natalie)</b> - A muscle toning class utilizing dumbbells and exercise bands to sculpt every muscle of the body.</p>
<p><b>Senior Cycle (Eileen)</b> - 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.</p>
<p><b>Senior Fitness (Natalie, Dorrine, Eileen, Tricia)</b>- Senior class designed using weights and resistance tubing to increase strength. Also includes cardio segments to increase cardio health.</p>
<p><b>Senior Weights/Balance (Dorrine)</b> - This class is a Senior level class. In this class we use the barres on the walls to work our balance.</p>
<p><b>Barbell Sculpt (Amy, Natalie, Sarah &amp; Chrystine)</b> - A muscle toning class utilizing barbells, steppers, exercise bands &amp; dumbbells to burn a ton of calories.</p>
<p><b>Senior Dance (Tricia, Karen)</b>- This class is a low impact dance class designed especially for Seniors. Safe and fun for all ages.</p>
<p><b>Pilates Strength &amp; Conditioning (Chrystine)</b> - A mix of pilates strength moves incorporated with conditioning exercises is a sure way to get your heart rate up while conditioning and toning your muscles!</p>
<p><b>HIIT (Phet)</b> - high-intensity interval training sets that will get your heart rate up and burn calories.</p>
<p><b>*Classes are subject to change at any time. Please check our facebook page and website for up-to-date class offerings and time changes.</b></p>