

WEST MAY GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am-9:25am Zumba (Karen 4, 18, 25) (Tricia 11th)	5:45am-6:30am Cycle Express (Sarah) (NO CLASS MAY 5)	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 (Sarah 10 & 24) (Melissa 31st) (Natalie 17th) (Karilyn 2nd)
9:30am-10:15am Spin (Cindy)	*9:00am-9:30am Senior Cycle (Kay)	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 2, 9, 16 & 23) (Karilyn 30th)	9:30-10:30am YOGA SCULPT (Dorrine 3,10,17 & 24)
9:30am-10:25am YOGA SCULPT (Dorrine 4 & 18)	9:30am-10:25am Barre (Dorrine 12 & 26) (Joella 5 & 19)	*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 2,9,16 & 23) (Joella 30th)	9:30-10:30am PILATES (Melissa 31st)
9:30am-10:25am BARBELL SCULPT (Joella 11 & 25)	4:30pm-5:15pm Spin (Cindy)	4:30pm-5:15pm Sculpt & Core (Dorrine 6 & 20) (Natalie 13 & 27)	5:30pm-6:30pm Spin & More (Melissa)			
*10:30am-11:30am Senior Active Movement (Mitch) (no class on 25th)	5:30pm-6:15pm Cardio Sculpt (Natalie)	5:30pm-6:30pm Barbell Sculpt (Adrienne 6, 13, 27) (Melissa 20th)	5:30pm- 6:15pm Pilates Strength & Conditioning (Chrystine)			
5:30PM-6:15PM Barre (Carol 4 & 18) (Natalie 11th)	5:30pm-6:15pm Box N Burn (Henry)	5:30pm-6:15pm SPIN (Dorrine 6 & 20) (Carol 13 & 27)				
5:30pm-6:15pm Spin (Karilyn)	6:20pm - 7:20pm POUND (Jen)					*CLASSES ARE DESIGNED FOR MEMBERS 65 AND OVER
6:20pm- 7:10pm HIIT (Phet)						

MEMORIAL DAY - MAY 25TH HOURS 6AM-3PM - CHILDCARE 8AM-NOON

www.wyofitclubs.com/class-schedule
 610-372-9131

<p>Spin (Dorrine, Carol, Melissa, Natalie, Eileen, Cindy, Kay, Karilyn, Dave, Sarah) - 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>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.</p>
<p>Cardio Sculpt (Natalie, Joella) - 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>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.</p>
<p>ZUMBA® (Karen & Tricia) – 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>Fitness Fusion (Karen) - 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>Sculpt/CORE (Dorrine & Natalie) -This class combines weight lifting and isolated moves using your core muscles. Emphasis is on Core.</p>
<p>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</p>
<p>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.</p>
<p>Body Sculpt (Dorrine, Carol, Joella, Melissa, Natalie) - A muscle toning class utilizing dumbbells and exercise bands to sculpt every muscle of the body.</p>
<p>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.</p>
<p>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.</p>
<p>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.</p>
<p>Barbell Sculpt (Amy, Natalie, Sarah & Chrystine) - A muscle toning class utilizing barbells, steppers, exercise bands & dumbbells to burn a ton of calories.</p>
<p>Senior Dance (Tricia, Karen)- This class is a low impact dance class designed especially for Seniors. Safe and fun for all ages.</p>
<p>Pilates Strength & Conditioning (Chrystine) - 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>HIIT (Phet) - high-intensity interval training sets that will get your heart rate up and burn calories.</p>
<p>*Classes are subject to change at any time. Please check our facebook page and website for up-to-date class offerings and time changes.</p>

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