WEST NOVEMBER GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am-9:25am Zumba (Karen)	8:45am-9:30am Spin (Kay)	9:30am-10:15am Spin (Kay)	*9:00am-9:30am Senior Cycle (Kay)	8:30am-9:30am Fitness Fusion (Karen)	8:30am-9:25am Barbell Sculpt (Amy)	8:30-9:15am Spin (Melissa 8, 22) (Natalie 1) (Kay 15) (Sarah 29)
9:30am-10:15am Spin (Cindy)	9:30am-10:25am Barre (Dorrine 10, 24) (Joella 3, 17)	9:30am-10:25am Barbell Sculpt (Joella)	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 8, 15, 29)
9:30am-10:25am LowerBody/Core (Bryheem 2, 16, 30)	*10:30am-11:30am Senior Active Movement (Mitch)	*10:30am-11:30am Senior Fitness (Karen)	5:30pm-6:30pm Spin & More (Melissa)	*10:30am-11:15am ZUMBA GOLD/TONE (Tricia)	9:30am-10:15am Sculpt/Barre (Dorrine)	9:30-10:30am PILATES (Natalie1) (Melissa 22)
9:30am-10:25am BARBELL SCULPT (Joella 9, 23)	4:30pm-5:15pm Spin (Cindy)	4:30pm-5:15pm Sculpt & Core (Dorrine)	5:30pm- 6:15pm Pilates Strength & Conditioning (Chrystine)			
*10:30am-11:30am Senior Active Movement (Mitch)	5:30pm-6:15pm Barre (Natalie) (NEW CLASS)	5:30pm-6:30pm Barbell Sculpt (Adrienne)				
5:30PM-6:15PM Barbell Express (Natalie) (NEW CLASS)	6:20pm - 7:20pm POUND (Jen)	5:30pm-6:15pm SPIN (Dorrine)				
5:30pm-6:15pm Spin (Karilyn)			THANKSGIVING: 8: 30AM CYCLE (DORRINE) 9:30AM SCULPT (DORRINE)			*CLASSES ARE DESIGNED FOR MEMBERS 65 AND OVER
6:20pm- 7:10pm HIIT (Phet)						

TURKEY BURN ZUMBA - MONDAY, NOVEMBER 9 FROM 5:30PM-7:00PM
THANKSGIVING HOURS 6:00AM - NOON.....NO CHILDCARE
THANKSGIVING CLASSES: 8:30AM CYCLE W/DORRINE & 9:30AM BODY SCULPT W/DORRINE

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

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 opporunity 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) - 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) – 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) - 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 & Natalie) -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
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.
Body Sculpt (Dorrine, Carol, Joella, Melissa, Natalie) - A muscle toning class utilizing dumbells 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, Natalie, Sarah & Chrystine) - A muscle toning class utilizing barbells, steppers, exercise bands & dumbells to burn a ton of calories.
LowerBody/Core (Bryheem)- This class targets all the muscles of the lower body a core. Get ready to sweat.
Senior Dance (Tricia, Karen)- This class is a low impact dance class designed especially for Seniors. Safe and fun for all ages.
Pilates Strength & Conditioning (Chrystine) - A mix of pilates stregnth moves incorporated with conditioning exercises is a sure wayto get your heart rate up while conditioning and toning your muscles!
HIIT (Phet) - high-intensity interval training sets that will get your heart rate up and burn calories.
***Classes are subject to change at any time. Please check our facebook page and website for up-to-date class offerings and time changes.**