WYO FIT GROUP FITNESS - November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:45am **Studio A** **Spin** (Lisa)	**5:30-6:15am** **Studios A & B** **Spinnerval** (Dani)	**5:30-6:15am** **Studio B** **Kickboxing HIIT** (Ace)	**5:30-6:15am** **Studio B** **Kickboxing HIIT** (Ace)	**7:30-8:15am** **Studio B** **HIIT** (Kathy)	**7:00-8:00am** **Entire Gym** **Early Riser** **Boot Camp** (Dani/Miranda/Julie/Bryheem)	**9:30-10:30am** **Studio B** **Zumba** (Kaitlyn) ***NO CLASS 11/8, 11/22**
4:30-5:15pm **Studio B** **HIIT** (Kathy)	**7:30-8:15am** **Studio B** **HIIT** (Kathy)	**8:00 - 8:45am** **Studio B** **Senior Active Movement** (Mitch)	**9:00-9:45am** **Studio B** **Sculpt** (Lisa)	**8:30-9:15am** **Studio B** **Sculpt & Core** (Kathy)	**9:30-10:15am** **Studio B** **Zumba (Kaitlyn)** ***ONLY 11/7, 11/21**	
5:30-6:15pm **Studio B** **Cardio Sculpt** (Melissa)	**9:00-9:45am** **Studio B** **Sculpt** (Lisa)	**9:00-9:45am** **Studio A** **Spin** (Lisa)	**4:30-5:15pm** **Studio B** **HIIT** (Kathy)	**9:00-9:45am** **Studio A** **Spin** (Dani)	**9:30-10:15am** **Studio B** **HIIT (Kathy)** ***ONLY 11/14, 11/28**	
6:20pm - 6:50pm **Studio B** **Core Pilates** (Melissa)	**5:30-6:15pm** **Studio A** **Pilates** (De)	**4:30-5:15pm** **Studio B** **HIIT** (Kathy)	**5:30-6:15pm** **Studio A** **Yoga** (De)		**8:15-9:15 am** **Studio A &B** **SPOXING** **(Ace & Travis)** ***ONLY 11/14**	
	5:30-6:15pm **Studio B** **HIIT** (Bryheem)	**5:30-6:15pm** **Studio B** **Box N Burn** (Ace)				
	6:20-6:50pm **Studio B** **Core Crusher** (Bryheem)	**6:00-7:00pm** **Studio A** **Zumba** (Kaitlyn)		www.wyofitclubs.com 610-743-4039		

Thanksgiving Hours: 6AM-NOON

Black Friday: 6AM-10PM

Yellow boxes indicate **specialty classes** for an additional fee.

Body Sculpt (Lisa,Dani) - A muscle toning class utilizing weight bars, steppers, exercise bands & dumbbells to burn a ton of calories using weight training moves!
Box N' Burn (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.
Cardio Sculpt (Melissa) – This is a total body muscle toning class that focuses on building core strength. Exercise bands, resistance bands, and weights will be used!
Core Crusher (Bryheem) – Class that aims to strengthen, stabilize, and sculpt the core. Body weight, light weights, and resistance bands will be used to target the core's muscle groups.
HIIT (Kathy, Bryheem) -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!
KickBoxing H.I.I.T (Ace) – High energy full body workout that combines punches, kicks, and footwork with high intensity interval training exercises.
Pilates (De)- 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.
Sculpt & Core (Kathy) – Non-aerobic muscle toning class that focuses on building core strength. Most classes use weights and resistance bands to help sculpt the muscles and engage the core.
Spin / Spin & Tone (Dani, Lisa) - 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!
Spinnerval (Dani) - This class will get your heart pumping! Participants will find themselves hoping on and off the bike to perform strength exercises between rounds of spin!
Strength & Conditioning (Dani) - A mix of stregnth moves incorporated with conditioning exercises is a sure wayto get your heart rate up while conditioning and toning your muscles!
Yoga (De) - 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
ZUMBA® (Kaitlyn) – 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. Toning focuses on strength training the arms, abs, and thighs! Open for fitness all levels.
Boot Camp (Dani, Julie, Miranda, Bryheem) - An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves, and will always keep the body guessing!
***Classes are subject to change at any time. Please check our website for up-to-date class offerings and time changes.**