

# GROUP FITNESS SCHEDULE - September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am Studio B Strength & Conditioning (Dani)	5:30-6:30am Studios A & B Spinnerval (Dani)	5:30-6:15am Studio B Kickboxing HIIT (Morgan)	5:30-6:15am Studio B Active Yoga (Dani)	6:00-6:45am Studio B Kettlebell (Matt) <b>*ONLY 9/1, 9/8</b>	7:00-8:00am Entire Gym Early Riser Boot Camp (Dani/Matt/Miranda)	9:30-10:15am Studio A Zumba (Kaitlyn)
9:00-9:45am Studio B Spin & Tone (Lisa)	9:00-9:45am Studio B Body Sculpt (Lisa)	9:00-9:45am Studio B Spin (Lisa)	9:00-9:45am Studio B Body Sculpt (Lisa)		8:30-9:15am Studio B Spin (Dani)	
6:45-7:30pm Studio B Box N Burn (Morgan)	5:30-6:15pm Studio A Pilates (De)	5:30-6:15pm Studio B Box N Burn (Henry)	5:30-6:15pm Studio A Yoga (De)		9:30-10:15am Studio A Zumba (Kaitlyn) <b>*Only 9/2, 9/16, 9/30</b>	
	5:30-6:15pm Studio B Kickboxing (Morgan)	6:00-7:00pm Studio A Zumba (Kaitlyn)	5:30-6:15pm Studio B Kickboxing (Morgan)		9:30-10:30am Studio A R.I.P.E.D. (Julianne) <b>*Only 9/9, 9/23</b>	
	6:30-7:15pm Studio B Strength & Conditioning (Morgan)	6:30-7:30pm Studio B POUND (Jen)	6:30-7:00pm Studio B Core Crusher (Morgan)			
				<a href="http://www.wyofitclubs.com">www.wyofitclubs.com</a> 610-743-4039		

**Labor Day Hours: 6:00am-3:00pm  
Modified Class Schedule**

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

**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.

**Yoga Flow (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.

**Interval Body Burn (Matt)** - A mix of cardio, strength training, and ab work in timed intervals. A full body workout that will leave you feeling toned & tightened!

**ZUMBA® (Kate, 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.

**TRX® (Dani)** - TRX Suspension Trainer leverages gravity and your body weight to deliver a fast, effective total-body workout. If you are looking to build a rock solid core and increase your muscular endurance this is the class for you!

**R.I.P.P.E.D (Julianne)** - A total body, high intensity style program utilizing free weights, resistance, and body weight. This workout combines the components of interval training & mixed martial arts and is able to be modified for all fitness levels!

**Spin / Spin & Tone (Dani, Mark, 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 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!

**Spinnerval (Dani)** - This class will get your heart pumping! Participants will find themselves hopping on and off the bike to perform strength exercises between rounds of spin!

**Body Sculpt (Lisa)** - A muscle toning class utilizing weight bars, steppers, exercise bands & dumbbells to burn a ton of calories using weight training moves!

**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.

**Strength & Conditioning (Dani, Morgan)** - A mix of strength moves incorporated with conditioning exercises is a sure way to get your heart rate up while conditioning and toning your muscles!

**Kettlebells (Matt)** - Get ready to hit each one of the six foundational movement patterns in this joint friendly but highly explosive exercise circuit!

**Box N' Burn (Henry, Morgan)** - 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.

**Boot Camp (Dani, Julie, Miranda, Matt)** - 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 facebook page and website for up-to-date class offerings and time changes.**