

MON	TUE	WED	THUR	FRI	SAT	SUN
		6:30-7:30am YOGA Vince				
9:30-10:30am Restorative Yoga Jair				9:30-10:30am BIKE Kevin		
			10:30-11:30am PILATES Ana		10:00-11:00am Wynndurance Kevin	

MID-DAY CLASSES

12:15-1:00pm BIKE Edwin	12:15-1:00pm Wynndurance Virginia	12:15-1:00pm BIKE Varissa				
--------------------------------------	--	--	--	--	--	--

EVENING CLASSES

				<p>January is the time to get committed!</p> <p>Our group exercise program is beginning with a bang this New Year! Our team of talented and inspiring fitness professionals are here to challenge, motivate, and push you to your limits!</p> <p>Be sure to try each class format this month!</p> <p>Please complete the Group Exercise Survey to provide feedback on class times and formats. Classes will be added based on participation levels and feedback. If you have any questions or comments you can contact me at kevin.majchrzak@gmail.com</p>		
5:30-6:30pm Latin Jam Paul		5:30-6:30pm DRILL CAMP Kevin				
6:35-7:00 25 Min Abs Paul	6:00-7:00pm BIKE Kevin					
			7:00-8:00pm YOGA Jair			




www.wynnfitness.com

CARDIO CLASS DESCRIPTIONS:

BIKE - Participants achieve their cardiovascular, and muscular strength goals thru the use of musically defined rhythms and cycling drills. Beginners are welcome!

Drill Camp- A timed interval class, using plyometrics, callisthenics, and strength exercises to challenge both your cardio and muscular fitness. All levels welcome.

MUSCLE CONDITIONING CLASS DESCRIPTIONS:

Wynndurance - Our Signature class! Challenge your muscles by completing 4 consecutive minutes of exercises for each body part. You will test your endurance and sculpt your body!

25 Min Abs- Just That. Take 25 minutes to work on all those core muscles. Good for any level.

MIND BODY CLASS DESCRIPTIONS:

Pilates- A challenging total body workout inspired by traditional Pilates techniques. Pilates teaches awareness of breath and alignment of the spine, and strengthens the core. Bring your yoga mat!

Yoga- A blend of yoga styles and traditions, the class will create strong foundation through the use of fundamentals and alignment while connecting with the breath and inner rhythms. Bring your yoga mat!

Restorative Yoga- Reduce stress and restore your health with this extremely gentle and restful form of yoga. Each pose is held for several minutes to encourage deep relaxation.

DANCE CLASS DESCRIPTIONS:

Latin Jam - Feel the salsa rhythm. This one hour Latin inspired cardio class is progressive and good for any fitness level. Take it at your own pace and have fun!

www.wynnfitness.com