

# WYNDHURST CLUB July 12th - July 31st Schedule

<u>TIME</u>	<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
9:00am		<b>Core &amp; More</b> -Kaylyn-		<b>Aqua Fit</b> -Shanna-	<b>Core &amp; More</b> -Kaylyn-		
10:00am				<b>Yoga Sculpt &amp; Stretch</b> -Shannan-			<b>Aqua Fit</b> -Sherrie-
11:00am						<b>Aqua Yoga</b> -Sherrie-	<b>Gentle Yoga</b> -Sherrie-
11:30am		<b>Functional Fitness</b> -Tariq-					
12:00pm						<b>Restorative Yoga</b> -Sherrie-	
12:30pm	<b>Shoulder Release</b> - Tariq -		<b>Shoulder Release</b> -Tariq-				
1:00pm							
1:30pm			<b>Roll With a Goal</b> -Tariq-		<b>Roll With a Goal</b> -Tariq-		
4:00pm	<b>Pilates</b> -Shannan -						
5:00pm	<b>Vinyasa</b> -Shannan-						

## CLASS DESCRIPTIONS

**Shoulder Release** - this class will increase the mobility and stability of the entire shoulder girdle using both a foam roller and stretch-out strap.

**Pilates** - Strengthen your core, sculpt your muscles, stretch yourself, and have fun in this class that combines Pilates with other body-enhancing techniques.

**Vinyasa** - Vinyasa Yoga is a flowing, dynamic sequence of poses that is one of the most popular yoga styles in the United States. This type of practice involves synchronizing the breath with a continuous flow of postures.

**Roll With a Goal** - Learn how you can use a full foam roller to give yourself a deep tissue massage and improve your flexibility.

**Core & More**- Join us for a nonstop core conditioning class with exercises targeted to strengthen and tone your abdominal areas.

**Aqua Fit**- This powerful and fun class burns calories and builds muscle, strength, coordination, and flexibility in the Wyndhurst Club pool. Please wear a swimsuit, you will get wet.

**Yoga Sculpt & Stretch** – A total body workout that incorporates weights and resistance bands using yoga poses to strengthen your core and build your balance skills.

**Restorative Yoga** - Learn to rest deep in your yoga postures in this practice known as active relaxation.

**Aqua Yoga** – This low impact water class introduces the basic principles of yoga movements and teaches you to release gravity, providing optimal stretching throughout your body. .

**Gentle Yoga** – This class incorporates simple flowing techniques to warm up the body, as well as slow paced movements to improve alignment, balance, flexibility and strength.

**Functional Fitness** - Explore the adage that a healthy body equals a healthy mind in this full-body strength workout designed for all levels. Focus on the muscles and movements required for daily activities with general strength training exercises.