

# WYNDHURST CLUB NOVEMBER SCHEDULE

<u>TIME</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
8:00am	<b>Aqua Fit</b> - Brittany -				<b>Aqua Fit</b> - Brittany -		
9:00am			<b>Cardio &amp; Core</b> - Kathy -	<b>Aqua Fit</b> - Brittany -		<b>Cardio &amp; Core</b> - Kathy -	
10:00am		<b>Balance &amp; Stretch</b> - Kathy -	<b>Aqua Fit</b> - Josh L. -	<b>Movement &amp; Meditation</b> - Josh C. -	<b>Functional Fitness</b> - Josh C. -	<b>Aqua Fit</b> - Josh L. -	<b>Movement &amp; Meditation</b> - Josh C. -
11:00am		<b>Shoulder Release</b> - Kathy -					<b>Aqua Fit</b> - Josh L. -
12:00pm				<b>X- Cycle</b> - Brittany -		<b>Gentle Flow Yoga</b> - Tamara -	<b>Rhythm Ride</b> - Josh L. -
1:00pm							
2:00pm							
3:00pm	<b>Reboot: HIIT</b> - Brittany -						
4:00pm							
5:30pm			<b>Restorative Yoga</b> - Tamara -		<b>Gentle Flow Yoga</b> - Tamara -		

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## CLASS DESCRIPTIONS

### 45 minute classes

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

**X-Cycle** –This indoor cycling class incorporates weights, bands, and movements to challenge your upper extremities and keep your legs moving for a full-body workout.

**Rhythm Ride** - This class uses cadence ladders and energetic music to improve your cardiovascular and muscular endurance.

**Movement & Meditation** – Basic yoga and breathing technique's combined with light stretching focused on core work and hip activation.

**Balance & Stretch** – Putting an emphasis on alignment and balance this class helps to improve flexibility, endurance, core strength and coordination.

**Cardio & Core**- Join us for a nonstop cardio and core conditioning class with exercises targeted to strengthen and tone your abdominal areas while maintaining an active heart rate.

**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.

**Gentle Flow 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.

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

**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.

**Reboot: HIIT** – Get your heart rate up while moving through both high impact and low impact bootcamp style movements.