

WYNDHURST CLUB JANUARY 2022 FITNESS SCHEDULE

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Balance + Stretch W/ Kathy Aqua Fit W/ Linda	Cardio + Core W/ Kathy	Total Body Work Out W/ Kathy Aqua Fit W/ Josh			
9:00 AM	Just Roll With it W/ Josh	Cardio + Strength W/ Kathy	Strength + Stretch W/ Kathy	Cardio + Strength W/ Kathy			Morning Stretch W/ Kristen
10:00 AM	Movement & Meditation W/ Josh	Basic Kickboxing W/ Kathy	Chair Yoga W/ Linda	Core + Back W/ Kathy	Gentle Flow Yoga W/ Linda		Abs/Glutes W/ Kristen
11:00 AM	Cardio + Core W/ Josh	Functional Fitness W/ Josh	Aqua Fit W/ Linda	Functional Fitness W/ Josh	Aqua Fit W/ Linda	Functional Fitness W/ Josh	Shoulder Release W/ Kristen
12:00 PM		Cardio + Core W/ Josh	Cardio + Core W/ Josh	Cardio + Core W/ Josh	Cardio + Core W/ Josh	Cardio + Core W/ Josh	
1:00 PM		Movement & Meditation W/ Josh	Just Roll With It W/ Josh	Movement & Meditation W/ Josh	Just Roll With It W/ Josh	Movement + Meditation W/ Josh	
2:00 PM		Cardio + Core W/ Josh	Movement + Meditation W/ Josh	Cardio + Core W/ Josh	Movement + Meditation W/ Josh	Cardio + Core W/ Josh	
3:00 PM						Chair Yoga W/ Linda	

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Class Description

Aqua Fit - This powerful and fun class burns calories and builds muscle, strength, coordination, and flexibility in the Wyndhurst Club pool.

Cardio + Core - Looking for a fun cycling class? Look no further, this class will begin with hip and core activation techniques before focusing on increasing aerobic capacity through cycling at different intensities.

Chair Yoga - This class combines stretching and seated yoga postures, standing poses are added to increase balance and stamina. Recommended for all fitness levels, including those with limited mobility.

Functional Fitness - Focusing on a medium intensity, total body workout this class is designed for those who want to push themselves to increase their aerobic and anaerobic capacity.

Gentle Flow Yoga - Putting an emphasis on body awareness and acceptance, this class includes both floor and standing postures along with breathing and relaxation techniques.

Just Roll With It - This class will focus on tissue pliability and postural mobility obtained through myofascial release techniques in addition to some light active range of motion drills. (Shoulder release is combined into this class)

Movement & Meditation - Putting an emphasis on alignment and balance this class helps to improve flexibility, coordination, along with hip and core strength. (Balance and Stretch is combined into this class)

Basic Kickboxing – An exciting class designed to keep your whole body moving while learning the basics of the art form known as kickboxing.

Balance + Stretch – This class focuses on stability and mobility, using a wide variety of balancing poses, and stretching maneuvers.

Cardio + Strength – A class designed to improve your cardiovascular health, while also increasing body strength.

Strength + Stretch – a total body strength workout designed to improve daily function of muscles followed by stretching to improve mobility.

Total Body Work out – This class will focus on the entire body, this upbeat class will keep you moving and work out all the muscles, including some you didn't know you had.

Core + Back – A class designed to focus on improving core strength while also improving the functionality of the lower back.

Morning Stretch – Wake up and start the day on the right note, come stretch the body out and let all your stresses melt away.

Abs + Glutes – Looking for a class to help tighten the body up? Look no farther this class focuses on the abdominal muscles and glutes!

Shoulder Release – A class that focuses on upper postural mobility through stretch and release techniques.