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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Java Jumpstart**  5:45-6:10am  Alexis | | **Spin AM**  5:45-6:30am  Stephanie | **Java Jumpstart**  5:45-6:10am  Darcy | **TRX Movement**  5:30-6:15am  Molly | **Spin Interval**  5:15-6:00am  Molly |  |
| **\*YOUTH FITNESS PROGRAM**  8:00-8:45am  Alexis | | **Sunrise Yoga**  7:00-7:45am  Angie |  | **Sunrise Yoga**  7:00-7:45am  Angie |  |  |
| **Forever Active**  9:00-9:30am  Kelly | | **Tai Chi**  8:30-9:30am  Emily | **Forever Active**  9:00-9:30am  Darcy |  | **Pilates**  9:15-10:00am  Angie | **Specialty Snapshot**  8:30-9:00am |
| **Spin Revolution**  12:00-12:45pm  Scott | | **Power Yoga**  12:00-12:45pm  Molly |  | **Yoga Sculpt**  12:00-12:45pm  Molly |  |  |
| **After Work Shake Up**  4:00-4:30pm  Mel | **Aqua Yoga**  4:10-4:55pm  Angie  \*held in the pool |  | **After Work Shake Up**  4:00-4:30pm  Mel |  | **Power 3-2-1**  4:00-4:30pm  Darcy |  |
|  |  | **Crunch Time**  4:45-5:15pm  Mary Lou |  |  |
|  | | **Wild Card Workout**  5:15-5:45pm  Mel | **Wednesday Weights and Cardio**  5:30-6:00pm  Bonnie | **Body Blast**  5:30-6:00pm  Alexis |  |  |
| **Fundamental Yoga**  5:45-6:30pm  Angie | | **Triple Threat Tuesday**  6:00-6:30pm  Mary Lou |  | **\*YOUTH FITNESS PROGRAM**  6:15-7:00pm  Alexis |  |  |
|  | | **Fitness Stretch and Tone**  6:45-7:30pm  \*Class will resume in August | **Cardio Circuit and Stretch**  7:00-7:30pm  Bonnie |  |  |  |

**After Work ‘Shake Up’:** Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We’ll get your heart rate up and build your body at the same time!

**Aqua Yoga:** Get active and fit with Aqua Yoga. This is a low-impact class where participants take yoga poses off the mat and into the water. The poses performed in the warm water (90 degrees) help you to develop whole-body strength, static balance, and an increased range of motion.

**Body Blast:** Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class’s needs. This is a great time to enjoy the music and feel the burn!

**Cardio Circuit and Stretch:** With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15 minute whole body stretch.

**Crunch Time:** Crunch time is a 30 minute core class designed to work all aspects of your core. This class takes “hurts so good” and brings it to life!

**Fitness Stretch and Tone:** FST blends the best of mind/body formats in an energizing and calming atmosphere. All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

**Forever Active:** This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.

**Fundamental Yoga:** This is the perfect class to learn about yoga and how to perform poses to the best benefit of your ability!

**Java Jumpstart:** Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core.

**LIFT STRONG:** This is a progressive 6 week lifting program that will feel much like personal training in a motivating group fitness environment. Every week, you will learn a new and challenging lifting workout and also be provided with homework to complete during the week.

**Pilates:** Experience the benefits of training from the center of your body out by improving core strength, posture, muscle tone and endurance, coordination, and flexibility.

**Power 3-2-1:** Come in for a fast-paced Friday workout to get you ready for your weekend. We’ll do 3 minutes of cardio, 2 minutes of strength, and 1 minute of core guaranteed to work your entire body leaving you feeling energized!

**Power Yoga:** Unroll your yoga mat for a full-body workout where you’ll explore the yoga postures and fundamental principles of Vinyasa yoga. This yoga class will fire up your core strength as you practice proper posture alignment, flow through yoga sequences and build heat from within by connecting breath to movement.

**Specialty Snapshot:** We will explore different styles of specialty classes that we may want to offer in the future on Saturdays.

**Spin Revolution/Spin AM/Spin Interval:** This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

**Sunrise Yoga:** Wake up and be energized with Sunrise Yoga! This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief. There is a 25% discount if you register for both days!

**Tai Chi:** Tai Chi uses slow, smooth body movements to strengthen joints and muscles, increase bone density, lower blood pressure, improve balance and coordination, and achieve mental relaxation! The gentle nature of Tai Chi makes this class suitable for all fitness levels.

**Triple Threat Tuesday:** This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training at the same time.

**TRX Movement:** Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups.

**Wednesday Weights and Cardio:** This class gives you a total body workout using a variety of equipment. Each workout ends with a 15 minute stretch.

**Wild Card Workout:** No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting.

**Yoga Sculpt:** Yoga Sculpt is a 45 minute full body workout that builds lean muscle and improves flexibility while you move to upbeat tracks. This class combines free weights with yoga sequencing and cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls.

**Youth Fitness:** Come for a fun and interactive fitness class at WWH! This class will incorporate total body movements and play. Participants will perform a variety of movements incorporating strength, flexibility, agility, and cardiovascular components. Ages 10-14 years (all fitness levels welcome)