



WWH Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Java Jumpstart 5:45—6:10am	Spin AM 5:45—6:30am *Starts April 25th	Java Jumpstart 5:45—6:10am	TRX Movement 5:30—6:15am *Starts April 27th	Spin Interval 5:45—6:30am *Starts April 28th	
9:00am	Forever Active 9:00—9:30am		Forever Active 9:00—9:30am		Pilates 9:15—10:15am *Starts April 28th	6 week Specialty Snapshot 9:00—9:30am
10:15am	Fundamental Yoga- Monday AM 10:15—11:15am *Starts April 24th					
12:00pm					Spin Combo 12:00—12:45pm *Starts April 28th	
1:00pm		Tai Chi 1:00—2:00pm *Starts April 25th				
4:00pm	After work shake up 4:00—4:30pm	Spin PM 4:15—5:00pm *Starts April 25th			After work shake up 4:00—4:30pm	
5:00pm	*Health Switch* 5:00—5:30pm	Wild card workout 5:15—5:45pm	Cardio Circuit & stretch 5:00—5:30pm	Body Blast 5:00—5:30pm		
5:45pm	Fundamental Yoga- Monday PM 5:45—6:45pm *Starts April 24th		Fundamental Yoga- Wednesday PM 5:45—6:45pm *Starts April 26th	Yoga HIIT 5:45—6:45pm *Starts April 27th		
7:30pm	FitDance 7:30—8:20pm *FREE DEMO April 10th					

BOLD Classes= Fee Based Specialty Class (\$40/6 Week Session), (TRX Fusion= \$35/6 week session);
Please pre-register at the front desk!
 Health Switch*= Special Program
 All other classes= Free with Membership