

WWH Fitness Class Schedule

All classes begin Monday March 13 (you MUST pre-register)

During the week of **March 6** we will offer free demos of all classes (you MUST sign up for the specialty demos)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Java Jumpstart Alexis 5:45—6:10am	Spin Stephanie 5:45—6:30am	Java Jumpstart Darcy 5:45—6:10am	TRX Movement Kerri 5:30—6:15am	Spin Interval Scott 5:45—6:30am	
8:00 am		Beginner Yoga Jordi 8:00—9:00am		Beginner Yoga Jordi 8:00—9:00am		
9:00am	Forever Active Kelly 9:00—9:30am		Forever Active Darcy 9:00—9:30am		Pilates Anna 9:15—10:15am	6-week Specialty Snapshot Darcy 9:00—9:30am
12:00pm					Spin Combo Anna 12:00—12:45pm	
1:00pm		Tai Chi Emily 1:00—2:00pm				
4:00pm	After work shake up Mel 4:00—4:30pm	Spin Anna 4:15—5:00pm			After work shake up Mel 4:00—4:30pm	
5:00pm	*Health Switch* Mel 5:00—5:30pm	Wild card workout Mel 5:15—5:45pm	Cardio Circuit Bonnie 5:00—5:30pm	TRX Fusion Alexis 5:00—5:30pm		
5:45pm	Fundamental Yoga Angie 5:45—6:45pm			Yoga HIIT Angie 5:45—6:45pm		
6:00pm						

BOLD Classes= Fee Based Specialty Class (\$40/6 Week Session), (TRX Fusion= \$35/6 week session)

Health Switch*= Special Program

All other classes= Free with Membership