



## WWH Summer Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Java Jumpstart 5:45—6:10am	<b>Spin AM</b> <b>5:45—6:30am</b> <b>*Starts June 6</b>	Java Jumpstart 5:45—6:10am	<b>TRX Movement</b> <b>5:30—6:15am</b> <b>*Starts June 8</b>	<b>Spin Interval</b> <b>5:30—6:30am</b> <b>*Starts June 9</b>	
9:00am	Forever Active 9:00—9:30am		Forever Active 9:00—9:30am		<b>Pilates</b> <b>9:15—10:15am</b> <b>*Demo class June 16</b>	Specialty Snapshot 9:00—9:30am
10:00am						
12:00pm					<b>Spin Combo</b> <b>12:00—12:45pm</b> <b>*Demo class June 16</b>	
1:00pm		<b>Tai Chi</b> <b>1:00—2:00pm</b> <b>*Demo class June 13</b>				
4:00pm	After Work Shake Up 4:00—4:30pm	<b>Spin PM</b> <b>4:15—5:00pm</b> <b>*Started April 25</b>			After Work Shake Up 4:00—4:30pm	
5:00pm		Wild Card Workout 5:15—5:45pm	Cardio Circuit and Stretch 5:00—5:30pm	Body Blast 5:30—6:00pm		
5:45pm	<b>Fundamental Yoga- Monday PM</b> <b>5:45—6:45pm</b> <b>*Starts June 12</b>					
7:00pm		<b>Strong by Zumba</b> <b>7:00—8:00pm</b> <b>*Demo class May 30</b>				
7:30pm	<b>FitDance</b> <b>7:30—8:20pm</b> <b>*Started April 17</b>					

**BOLD Classes = Fee Based Specialty Class (\$40/6 Week Session, \$30/4 week Session) Please pre-register at the front desk!**  
All other classes = Free with Membership