|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **5:45am** | Java Jumpstart  5:45—6:10am | **Spin AM**  **5:45—6:30am**  **\*Started May 1st** | Java Jumpstart  5:45—6:10am | **TRX Movement**  **5:30—6:15am**  **\*Started April 26th** | **Spin Interval**  **5:15—6:00am**  **\*Started April 27th** |  |
| **7:00am** |  | **Sunrise Yoga**  **7:00—7:45am**  **\*Started May 1st** |  | **Sunrise Yoga**  **7:00—7:45am**  **\*Started May 3rd** |  |  |
| **8:30am** | **Youth Fitness**  **8:00—8:45am**  **\*Starts June 18th** | **Tai Chi**  **8:30—9:30am**  **\*Started May 15th** |  |  |  | Specialty Snapshot  8:30—9:00am |
| **9:00am** | Forever Active  9:00—9:30am |  | Forever Active  9:00—9:30am | **Pilates**  **9:15—10:15am**  **\*Started May 3rd** |  |  |
| **10:00am** |  |  | **LIFT STRONG**  **10:00—11:00am**  **\*Started May 9th** |  |  |  |
| **12:00pm** |  | **Power Yoga**  **12:00—12:45pm**  **\*Started May 1st** |  |  |  |  |
| **4:00pm** | After Work Shake Up  4:00—4:30pm |  | After Work Shake Up  4:00—4:30pm |  |  |  |
| **4:10pm** | **Aqua Yoga**  **4:10—4:55pm**  **\*Started May 7th** |  |  |  |  |  |
| **5:00pm** |  | Wild Card Workout  5:15—5:45pm | Wednesday Weights and Cardio  5:30—6:00pm | Body Blast  5:30—6:00pm |  |  |
| **5:45pm** | **Fundamental Yoga- Monday PM**  **5:45—6:45pm**  **\*Started April 30th** | Triple Threat Tuesday  6:00—6:30pm |  | **Youth Fitness**  **6:15—7:00pm**  **\*Starts June 21st** |  |  |
| **7:00pm** |  | **Fitness Stretch and Tone**  **6:45—7:30pm**  **\*Started May 8th** | Cardio Circuit and Stretch  7:00—7:30pm |  |  |  |

**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.

**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 Monday PM:** 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!  Pilates improves core strength, posture, coordination, muscle tone, strength, muscle endurance, coordination, and flexibility.

**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 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 to help ease you into your evening!

**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.

**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)