

WAMCLUBS 2022 FITNESS CLASS SCHEDULE

MONDAY

Strength Training 7:00a-8:00a
Leno | Studio B | MP

Hatha Yoga 10:15-11:30a
Whitney
Zoom ID 86712980969|WH

Aqua Exercise 10:45-11:45a
Evelyn/Jennifer | WH

Barre Fusion 12-
12:45p|Michelle
ZOOM ID: 86824161718|WH

TUESDAY

Spin 5:45-6:45a
Jolene | WH

Yoga Vinyasa 7:45-8:55a
Jolene WH

Mat Pilates 9a-10a
Dana|MP

Cardio Interval 9-9:55a | Holly
Zoom ID 88010973408 | WH

Core Body Training 10:15-11:10a
Holly| Zoom ID 81442350651|
WH

WEDNESDAY

Strength Training 7:00-8:00a
Leno | Studio B | MP

Strength Training 8:00-9:00a
Leno | Studio B | MP

Power Shop 8-8:55a
Jolene |WH

Hatha Yoga 10:15-11:30a |Whitney
Zoom ID 84240086806|WH

Aqua Exercise 10:45-11:45a
Evelyn/Jennifer | WH

Barre Fusion 12-12:45p|Michelle
ZOOM ID: 86824161718|WH

Zumba 5:30-6:30p | Cindy
Zoom ID: 88516357242 | WH

HIIT 5:30-6:00p | Holly | MP

THURSDAY

Spin 5:45-6:45a
Jolene | WH

Yoga Vinyasa 7:45-8:55a
Jolene| WH

Cardio Interval 9:15-10:10a
Holly | WH

Core Body Training 10:15-11:10a
Holly |Zoom ID 81442350651|WH

Yoga 5:30-6:45p |Beth
Zoom ID 81527996965|MP

FRIDAY

Gentle Yoga 10:15-11:30a
Whitney
Zoom ID 87462566686|WH

Aqua Exercise 10:45-11:45a
Evelyn/Jennifer | WH

HIIT 5:30-6:00p | Holly | MP

SATURDAY

Mat Pilates 8-9a
Marchond | WH

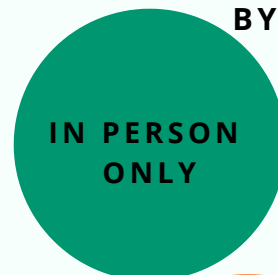
Dance Synergy 9-10a
Marchond |WH

SUNDAY

Yoga 10:15-11:30a | Beth
Zoom ID 84256412916|WH



CLASS KEY BY COLOR



IN PERSON
ONLY



HYBRID:
VIRTUAL & IN
PERSON
PASSWORD:
WAMCLUBS

AQUA EXERCISE

Class focuses on a low impact workout in a 3D environment: resistance, buoyancy and water pressure.

SPIN

Spin is a high intensity low impact cardio vascular workout. Come ready to sweat and have a great time while improving your heart and lungs!

CARDIO INTERVAL

This class focuses on step and floor aerobics, including intense cardio vascular conditioning and compound strength training movements using free weights.

POWER SHOP

Strengthen and sculpt your muscles using the step bench and free weights.

MAT PILATES

The principal of Pilate's focuses on flexibility, balance, core strength and breathing.

DANCE SYNERGY

This class features interval training sessions where fast and slow rhythms combined with resistance training sculpt and tone your body while burning fat.

CORE BODY TRAINING

This class focuses on total body strength training with an emphasis on core and posture. You will use light dumbbells and body weight movements to help strengthen your body head to toe!

YOGA

Tap into your unlimited potential, access your inner peace; achieve balance, strength and flexibility through yoga poses.

HATHA YOGA

This style of yoga focuses on taking the time to discover the proper alignment for each pose. Attention is given to breathing technique, form and strength.

YOGA VINYASA

This flow style links together strengthening and stretching poses. This practice not only increases fitness levels but improves range of motion and alleviates stress and tension.

GENTLE YOGA

This style of yoga focuses on the foundations of yoga, offering a wider range of modifications for each pose.

H.I.I.T

High Intensity Interval Training! This 30 minute workout will work your entire body including intense cardio vascular efforts.

STRENGTH TRAINING

This class focuses on a varied whole body workout where you will emphasize good form and perform functional qualitative movements

ZUMBA

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and is performed primarily to Latin American dance music. Dance and sweat your way fit!