

WAMCLUBS

2023

FITNESS

CLASS

SCHEDULE

MONDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- HATHA YOGA 10:15-11:30AM WHITNEY ZOOM ID 86712980969|WH
- AQUA EXERCISE 10:45AM-11:45AMPM EVELYN/JENNIFER|WH

TUESDAY

- SPIN 5:45AM-6:45AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9AM-9:55AM HOLLY ZOOM ID 88010973408|WH
- PILATES 9AM-10AM DANA|MP
- OFF THE WALL STRENGTH 10:15AM-11:10AM WHITNEY|MP
- CORE BODY TRAINING 10:15AM-11:10AM HOLLY ZOOM ID 81442350651|WH
- *TRX.SPIN.KETTLE BELL 4-5PM LENO|MP FEE BASED
- YOGA 5:30PM-6:45PM WHITNEY|MP

WEDNESDAY

- STRENGTH TRAINING 7AM-8AM LENO|MP
- STRENGTH TRAINING 8AM-9AM LENO|MP
- POWER SHOP 8AM-8:55AM JOLENE|WH
- HATHA YOGA 10:15AM-11:30AM WHITNEY ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM HOLLY|MP
- AQUA EXERCISE 10:45AM-11:45AM EVELYN/JENNIFER|WH
- PILATES FUSION 12:00PM-12:45PM|MICHELLE WH
- HIIT 5:30PM-6PM HOLLY|MP

THURSDAY

- SPIN 5:45AM-6:45AM JOLENE|WH
- YOGA VINYASA 7:45AM-8:55AM JOLENE|WH
- CARDIO INTERVAL 9:15AM-10:10AM HOLLY|WH
- OFF THE WALL STRENGTH 10:15-11:10AM WHITNEY|MP
- CORE BODY TRAINING 10:15-11:10 VANESSA ZOOM ID 81442350651|WH
- *TRX.SPIN.KETTLE BELL 4-5PM LENO|MP FEE BASED
- YOGA 5:30-6:45PM BETH|MP

FRIDAY

- STRENGTH TRAINING 8AM-9AM HOLLY|MP
- GENTLE YOGA 10:15AM-11:30AM WHITNEY ZOOM ID 86712980969|WH
- BARRE 10:15AM-11:10AM HOLLY|MP
- AQUA EXERCISE 10:45AM-11:45AM EVELYN/JENNIFER|WH
- HIIT 5:30PM-6PM HOLLY|MP

SATURDAY

- MAT PILATES 8AM-9AM MARCHOND|WH
- DANCE SYNERGY 9AM-10AM MARCHOND|WH

SUNDAY

- YOGA 10:15AM-11:30AM BETH ZOOM ID 86712980969|WH



CLASS KEY BY COLOR

IN PERSON ONLY

HYBRID: VIRTUAL & IN PERSON
PASSWORD: WAMCLUBS

*EMAIL FITNESS DIRECTOR HOLLY.HOWARD@WAMCLUBS.COM TO SIGN-UP!

UPDATED 9.1.23

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**

BARRE

**IS DISTINGUISHED FROM OTHER GROUP
FITNESS ACTIVITIES BY ITS USE OF THE BALLET BARRE AND ITS INCORPORATION
OF MOVEMENTS DERIVED FROM BALLET.**

