



Wendy Fit Yoga Pilates

MAY SCHEDULE OF STUDIO & VIRTUAL CLASSES 2021

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 Curlew Rd Suite 6E

PH: (727) 754-7840

RSVP for Classes & Workshops ONLINE @ www.wendyfit.com

*Classes are Subject to Change (No Memberships)

NTY=New to
Yoga (All Levels)

Mat Classroom
Temporarily
15 Max in- studio
classes

**Mat Pilates
is ALL levels.**

NTY= Yoga Class can
adapt to beginners
and all levels.

**Most classes
are offered in
Studio and
Virtually.**

*Please
preregister for
all classes
Space is limited.*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			9:30 – 10:45 AM Alignment Yoga w/Wendy NTY				<i>New!</i> 9:00-9:30AM Yoga Nidra Virtual Class w/Lori
	9:00-10:15 AM Hatha Yoga w/Noelle NTY	9:30 – 10:30 AM Pilates Plus w/Wendy	11:15 AM-12:30PM Yin Yoga w/Noelle NTY	10:15-11:15AM Cardio Drumming w/ Susan	9:45-10:45 AM Pilates Plus w/ Wendy	8:30 – 9:45 AM Power Yoga w/Wendy	9:30-10:30AM *Aerial Yoga Basics w/Noelle Pre-Sign Up Required
	11:00AM-12:00PM Classical Pilates w/Katherine	11:00AM-12:15PM Gentle Yoga w/Noelle NTY	12:45-1:45PM *TRX w/Wendela Pre- Sign Up Required	<i>New!</i> 12:15-1:30PM Ying Yang Lunch Hour Yoga w/Valentina ½ strengthening ½ restorative	11:00 AM – 12:15 PM Hatha Yoga w/Wendy NTY	10:00 – 11:00 AM Classical Pilates w/ Katherine	11:00AM - 12:15 PM Yoga Basics w/Noelle NTY
	4:45 – 5:45 PM Pilates Plus w/Sara T.	5:45 – 6:45 PM HIIT Circuit Training w/Wendela	<i>New!</i> 4:45 – 5:45 PM Cardio Drumming w/Susan			11:15 AM – 12:15 PM Hatha Yoga w/Valentina	12:30-1:30 *TRX w/Wendela Pre- Sign Up Required
	6:00 – 7:15 PM Power Yoga w/Wendy	7:00 – 8:15 Yoga for Stress w/Kylee NTY	6:00-7:15PM Alignment Yoga w/Wendy NTY	6:30 - 7:30 PM Pilates w Barre Assist w/Wendy		12:30 -1:30PM *Aerial Low Silk w/Bre Pre-Sign Up Req'd	
	7:30-8:30 Belly Dance w/Sev	<i>New!</i> 8:00-8:30 PM Yoga Nidra Virtual Class w/Lori	7:45--8:45 PM *Aerial Yoga Level 1 w/Kylee Pre-Sign Up Req'd	7:45 – 8:45PM *Aerial Yoga w/Noelle Pre-Sign Up Req'd		* Aerial or TRX Class Pricing	

*Aerial Yoga and TRX is Pre-sign up and Pre-pay - limited to 8 students. 2 Hour cancellation required to avoid penalty. We encourage pre-sign up for ALL classes to save your spot.



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PERSONAL TRAINING ROOM Not Included in Mat Class Packages Appointment Required Group Pkg- \$200 Drop in-\$35 Experience req'd	9:15 – 10:15 AM *Pilates Reformer Group PT w/Wendy		8:15-9:15 AM *Pilates Reformer Group PT w/Wendy	9:00 – 10:00 AM *Pilates Reformer Group PT w/Wendy	9:45-10:45AM *Pilates Reformer Group PT W/ Sevdije		9:30 – 10:30 AM *Pilates Reformer Group PT w/ Sevdije
		6:30-7:30 PM *Pilates Reformer Group PT w/Wendy				10:30 – 11:30 AM *Pilates Reformer Group PT w/ Wendy	
				5:15 – 6:15 PM *Pilates Reformer Group PT w/Wendy			
	We encourage all mat class students to sign up prior to coming to the studio for class. You can register on- line, by phone, or in person. 1. Reserve your classes early. There are times where no one has reserved a spot and the class will be cancelled. This is especially true for Aerial and TRX, where reservations are mandatory. WORKSHOPS: Sound Therapy : May 23 rd 4:00-5:00. In Studio \$20/Zoom \$10						