



NOVEMBER 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 @ *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
	7:00-8:00am Sunrise Yoga Coming soon.... Please call if interested		9:30 – 10:45 AM Alignment Yoga w/Wendy NTY	NEW! 9:00-10:00AM Glorious Glutes w/Wendela			
	9:30-10:30 AM Hatha Yoga w/Kai NTY	9:30 – 10:30 AM Pilates Plus w/Wendy	11:15 AM-12:30PM Yin Yoga w/Noelle NTY	New Time! 10:15AM-11:15 PM Stretch Academy w/Katharine	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/Katharine	11:00AM-12:15PM Gentle Yoga w/Noelle NTY	12:45-1:45PM *TRX w/Wendela Pre- Sign Up Required		11:00 AM – 12:15 PM Hatha Yoga w/Wendy NTY	10:00 – 11:00 AM Classical Pilates w/ Katharine	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 H.I.T. Circuit Training w/Wendela	NEW! 4:30-5:30 PM Yoga for Beginners w/Kylee NTY	NEW! 5:15-6:15PM Prenatal Yoga w/Wendy Must Pre-sign-up	The 8 Limbs of Yoga Starting This month Please call for more Info	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		12:30-1:130 PM *All Levels Aerial Yoga w/Noelle Pre-Sign Up Required	
				7:45 – 8:45PM *Aerial Yoga w/Noelle Pre-Sign Up Required		Low Silk Workshop Last Saturday of month 2:00-3:30 *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 class forfeiture. We encourage pre-sign up for ALL classes to save your spot.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Santiago		8:15-9:15 AM *Pilates Reformer Group PT w/Wendy Santiago	9:00 – 10:00 AM *Pilates Reformer Group PT w/Wendy Santiago	9:45-10:45AM *Pilates Reformer Group PT W/ Sevdije Like		9:30 – 10:30 AM *Pilates Reformer Group PT w/ Sevdije Like
	3:30-4:30 PM *Pilates Reformer Group PT w/ Sara Valcourt			3:30-4:30 PM *Pilates Reformer Group PT w/ Sara Valcourt		10:30 – 11:30 AM *Pilates Reformer Group PT w/ Wendy Santiago	
		6:30-7:30 PM *Pilates Reformer Group PT w/Wendy Santiago					

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. 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:

Crystal Bowls Meditation – 11/7, 5:00pm- This will be an ongoing monthly workshop. \$20

Last Saturday Low Silk Aerial – 11/27 w/Noelle- This is an ongoing workshop (last Saturday of the month) \$30

Partner Thai Yoga Body Workshop 11/13, w/Wendy – Learn to properly stretch someone to relieve pain and joint compression. \$40pp

Breath & Energy Workshop 11/20, w/Amy – Understanding why breathwork can cure so many things and create Energy you've never had \$35

We encourage all participants to pre-register for all workshops to insure there is still space. Workshops may be cancelled if registration is low. Thank you