



# JANUARY SCHEDULE OF STUDIO & VIRTUAL CLASSES 2022

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  |
|--|--|---|--|---|---|---|---|
|  |  |   | 9:30 – 10:45 AM<br><b>Alignment Yoga</b><br>w/Wendy <b>NTY</b>           | <b>NEW!</b><br>9:00-10:00AM<br><b>Glorious Glutes</b><br>w/Wendela              | <b>New!</b><br>7:00-8:00am<br><b>NTY Sunrise Yoga</b><br>w/Amy S. |   |   |
|  | 9:30-10:30 AM<br><b>Hatha Yoga</b><br>w/Kai <b>NTY</b>     | 9:30 – 10:30 AM<br><b>Pilates Plus</b><br>w/Wendy             | 11:15 AM-12:30PM<br><b>Yin Yoga</b><br>w/Noelle <b>NTY</b>               |   | 9:45-10:45 AM<br><b>Pilates Plus</b><br>w/ Wendy                  | 8:30 – 9:45 AM<br><b>Power Yoga</b><br>w/Wendy  | 9:30-10:30AM<br><b>*Aerial Yoga Basics</b><br>w/Noelle<br><b>Pre-Sign Up<br/>Required</b> |
|  | 11:00AM-12:00PM<br><b>Classical Pilates</b><br>w/Katharine | 11:00AM-12:15PM<br><b>Gentle Yoga</b><br>w/Noelle <b>NTY</b>  | 12:45-1:45PM<br><b>*TRX</b><br>w/Wendela<br><b>Pre- Sign Up Required</b> |   | 11:00 AM – 12:15 PM<br><b>Hatha Yoga</b><br>w/Wendy <b>NTY</b>    | 10:00 – 11:00 AM<br><b>Classical Pilates</b><br>w/ Katharine                                | 11:00AM - 12:15 PM<br><b>Yoga Basics</b><br>w/Noelle <b>NTY</b>                           |
|  | 4:45 – 5:45 PM<br><b>Pilates Plus</b><br>w/Sara T.         | 5:45 – 6:45 PM<br><b>H.I.T. Circuit Training</b><br>w/Wendela |  |   |   | 11:15 AM – 12:15 PM<br><b>Hatha Yoga</b><br>w/Valentina                                     | 12:30-1:30<br><b>*TRX</b><br>w/Wendela<br><b>Pre- Sign Up<br/>Required</b>                |
|  | 6:00 – 7:15 PM<br><b>Power Yoga</b><br>w/Wendy             | 7:00 – 8:15<br><b>Yoga for Stress</b><br>w/Kylee <b>NTY</b>   | 6:00-7:15PM<br><b>Alignment Yoga</b><br>w/Wendy <b>NTY</b>               | 6:30 - 7:30 PM<br><b>Pilates w Barre Assist</b><br>w/Wendy                      |   | 12:30-1:130 PM<br><b>*All Levels Aerial Yoga</b><br>w/Noelle<br><b>Pre-Sign Up Required</b> |   |
|  |  |   |  | 7:45 – 8:45PM<br><b>*Aerial Yoga</b><br>w/Noelle<br><b>Pre-Sign Up Required</b> |   |   |   |

\*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.



Wendy Fit Yoga Pilates

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|--|---|--|--|---|---|---|--|
| <b>PERSONAL TRAINING ROOM</b><br>Not Included in Mat Class Packages<br><b>Appointment Required</b><br>Group Pkg- \$200<br>Drop in-\$35<br>Experience req'd | 9:15 – 10:15 AM<br>*Pilates Reformer Group PT<br>w/Wendy Santiago | 11:00AM-12:00 PM<br>*Pilates Reformer Group PT<br>w/ Sara Valcourt | 8:15-9:15 AM<br>*Pilates Reformer Group PT<br>w/Wendy Santiago | 9:00 – 10:00 AM<br>*Pilates Reformer Group PT<br>w/Wendy Santiago | 9:45-10:45AM<br>*Pilates Reformer Group PT<br>W/ Sevdije Like |   | 9:30 – 10:30 AM<br>*Pilates Reformer Group PT<br>w/ Sevdije Like |
|  |   |  |  | 3:30-4:30 PM<br>*Pilates Reformer Group PT<br>w/ Sara Valcourt    |   | 10:30 – 11:30 AM<br>*Pilates Reformer Group PT<br>w/ Wendy Santiago |  |
|  |   | 6:30-7:30 PM<br>*Pilates Reformer Group PT<br>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 –Sunday 1/9/2022 4:00pm-5:00pm This will be an ongoing monthly workshop. \$20**

**Intro to Theta Healing w/ LuAnn Saphos- Saturday 1/8/22 @ 2:00pm, \$20**

**Intro to Astrology Coming February 6<sup>th</sup> – Get ready now by looking up your birth time, place, and date, we'll be running natal charts.**

*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*