



MAY 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
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
	New! 7:00-8:00AM Sunrise Yoga Lila Sun Salutations w/Amy S.		9:30 – 10:45 AM NTY Alignment Yoga w/Wendy	9:00-10:00AM Glorious Glutes w/Wendela Wear Sneakers	7:00-8:00am NTY Sunrise Yoga w/Amy S.		
	9:30-10:30 AM Low Silk Restorative Aerial Yoga w/Amy S. NTY	9:30 – 10:30 AM Pilates Plus w/Wendy	11:15 AM-12:30PM Yin Yoga w/ Gentle Movement w/Noelle NTY		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 Wear Sneakers		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! 5:15-6:15 PM Flow and Restore w/Shiloh NTY		11:15 AM – 12:15 PM Hatha Yoga w/ Noelle (sub for Valentina)	12:30-1:30 TRX w/Wendela *Pre- Sign Up Required Wear Sneakers
	6:00 – 7:15 PM Power Yoga w/Wendy	7:00 – 8:15 Yoga for Stress w/Kylee NTY	6:15-7:30PM Alignment Yoga w/Wendy NTY	6:30 - 7:30 PM Pilates w /Barre 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			



Wendy Fit Yoga Pilates

MAY 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)

*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. **Aerial Students MUST wear shirts with sleeves.**

	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
		11:00AM-12:00 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	5:00 -6:00PM *Pilates Reformer Group PT w/Wendy Santiago	5:30-6:30 PM *Pilates Reformer Group PT w/Sara Start date TBA			

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:

Soundbath Therapy w/ Tamara 5-6:00PM, May 29th

Kids Fitness Camp, June 6-10 & 13-17 Sign Up Early!

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