



# SEPTEMBER SCHEDULE OF STUDIO & VIRTUAL CLASSES 2022

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 Curlew Rd Suite 6E

Phone: (727) 754-7840 RSVP for Classes & Workshops ONLINE @ \*Classes are Subject to Change (No Memberships)

Wendy Fit Yoga Pilates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>NTY</b>=New to Yoga (All Levels)</p> <p><b>Mat Classroom</b> 15 Max in- studio classes</p> <p><b>Mat Pilates is ALL levels.</b></p> <p><b>NTY</b>= Yoga Class can adapt to beginners and all levels.</p> <p><b>Most classes are offered in Studio and Virtually.</b></p> <p><i>Please preregister for all classes Space is limited.</i></p> <p><b>Yoga Mat needed for all classes Rental \$1 cash only</b></p>	7:00-8:00AM <b>Sunrise Yoga Lila Sun Salutations</b> w/Amy S.		9:30 – 10:45 AM <b>NTY Alignment Yoga</b> w/Wendy		7:00-8:00am <b>NTY Sunrise Yoga</b> w/Amy S.		
	9:30-10:30 AM <b>NTY Restorative Yoga</b> w/low silk assist w/Amy S.	9:30 – 10:30 AM <b>Pilates Plus</b> w/Wendy	11:15 AM-12:30PM <b>Yin Yoga w/ Gentle Movement</b> w/Noelle <b>NTY</b>		9:45-10:45 AM <b>Pilates Plus</b> w/ Wendy	8:30 – 9:45 AM <b>Power Yoga</b> w/Wendy	9:30-10:30AM <b>*Aerial Yoga Basics</b> w/Noelle <b>*Pre-Sign Up Required</b>
	11:00AM-12:00PM <b>Classical Pilates</b> w/Katharine	11:00AM-12:15PM <b>Gentle Yoga</b> w/Noelle <b>NTY</b>	12:45-1:45PM <b>*TRX</b> w/Wendela <b>Pre- Sign Up Required</b> <b>Wear Sneakers</b>	<i>New Time!</i> 10:15 -11:15AM <b>Glorious Glutes</b> w/Wendela <b>Wear Sneakers</b>	11:00 AM – 12:15 PM <b>Hatha Yoga</b> w/Shiloh	10:00 – 11:00 AM <b>TBT Total Body Toning</b> w/ Noelle	11:00AM - 12:15 PM <b>Yoga Basics</b> w/Noelle <b>NTY</b>
	4:45 – 5:45 PM <b>Pilates Plus</b> w/Sara T.					11:15 AM – 12:15 PM <b>Hatha Yoga</b> w/ Noelle	12:30-1:30 <b>TRX</b> w/Wendela <b>*Pre- Sign Up Required</b> <b>Wear Sneakers</b>
	6:00 – 7:15 PM <b>Power Yoga</b> w/Wendy	5:45 – 6:45 PM <b>H.I.T. Circuit Training</b> w/Wendela	6:15-7:30PM <b>Alignment Yoga</b> w/Wendy <b>NTY</b>	6:30 - 7:30 PM <b>Pilates w /Barre</b> w/Wendy		12:30-1:130 PM <b>*All Levels Aerial Yoga</b> w/Noelle <b>*Pre-Sign Up Required</b>	
	7:30-8:30PM <b>NTY Slow Flow &amp; Restore <i>New!</i></b> w/ Victoria	7:00 – 8:15PM <b>Yoga for Stress</b> w/Kylee <b>NTY</b>	7:45-8:45PM <b>NTY Deep Stretch &amp; Meditation <i>New!</i></b> w/ Victoria	7:45 – 8:45PM <b>*Aerial Yoga Level 2</b> w/Noelle <b>*Pre-Sign Up Required</b>	<b>Aerial Students must wear shirts with sleeves. No jewelry. Bring a mat.</b>		



# SEPTEMBER SCHEDULE OF STUDIO & VIRTUAL CLASSES 2022

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 Curlew Rd Suite 6E

Phone: (727) 754-7840 RSVP for Classes & Workshops ONLINE @ \*Classes are Subject to Change (No Memberships)

Wendy Fit Yoga Pilates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PERSONAL TRAINING ROOM</b> Not Included in Mat Class Packages <b>Appointment Required</b> Group Pkg- \$200 Drop in-\$35 Experience req'd	9:15 – 10:15 AM <b>Pilates Reformer Group PT</b> w/Wendy Santiago Level 2		8:15-9:15 AM <b>Pilates Reformer Group PT</b> w/Wendy Santiago Level 2	9:00 – 10:00 AM <b>Pilates Reformer Group PT</b> w/Wendy Santiago Level 2	9:45-10:45AM <b>Pilates Reformer Group PT</b> W/ Sevdije Like Level 2	**9:15 -10:15 AM <b>Pilates Reformer Group</b> w/Wendela Jackson Level 1	9:30 – 10:30 AM <b>Pilates Reformer Group PT</b> w/ Sevdije Like Level 2
		11:00AM-12:00 PM <b>Pilates Reformer Group PT</b> w/ Jennifer Guest Level 1, 2	**2:00-3:00PM <b>Reformer Group PT</b> w/ Wendela Jackson Level 1	3:00-4:00 PM <b>Pilates Reformer Group PT</b> w/ Wendy Santiago Level 1, 2		10:30 – 11:30 AM <b>Pilates Reformer Group PT</b> w/ Wendy Santiago Level 2	
	6:00-7:00PM <b>Pilates Reformer Group</b> w/Kelly Board Level 1	6:30-7:30 PM <b>Pilates Reformer Group PT</b> w/Wendy Santiago Level 2	**6:00-7:00PM <b>Pilates Reformer Group</b> w/Jennifer Guest Level 1, 2		**These groups are forming. Group begins when there are 4 members signed up.		
	<p>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 classes, where reservations are mandatory.</p> <p><b>Workshops:</b>  <i>Crystal Bowls Sound bath Meditation: Sunday September 11th /5:00-6:00pm</i>  <i>Soundbath with Restorative Low Silk Yoga Workshop, Sunday September 18<sup>th</sup></i>  <i>Arm Balances &amp; Inversions w/ Shiloh Saturday September 24th 2:00-4:00, Early Bird \$30/ \$35</i></p> <p>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</p>						