



Wendy Fit Yoga Pilates

MAY SCHEDULE OF STUDIO & VIRTUAL CLASSES 2023

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 Text (727) 758-3280

NTY=New to Yoga (All Levels)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Mat Classroom 15 Max in- studio classes</p> <p>Mat Pilates is ALL levels.</p> <p><u>NTY</u>= Yoga Class can adapt to beginners and all levels.</p> <p>Most classes are offered in Studio and Virtually.</p> <p><i>Please preregister for all classes Space is limited.</i></p> <p><i>Yoga Mat needed for all classes Rental \$1 cash only</i></p>	7:00-8:00AM NTY Sunrise Yoga w/Hong T	8:15-9:15AM *Aerial Yoga All Levels w/Cassidy *Pre-Sign Up Required NEW	7:00-8:00AM NTY Sunrise Yoga w/Hong T	9:00-10:00am Low Silk Restorative * Aerial Yoga w/ Nate	7:00-8:00am NTY Sunrise Yoga w/Hong T	8:30 – 9:45 AM Power Yoga w/Wendy	
	9:30 AM-10:30 AM NTY Yinyasa w/ Hong T	9:30 – 10:30 AM Pilates Plus w/Wendy	9:30 – 10:45 AM NTY Alignment Yoga w/Wendy	10:15 -11:15AM Glorious Glutes w/Wendela	9:45-10:45 AM Pilates Plus w/ Wendy	10:00 – 11:00 AM TBT Total Body Toning w/ Jenn or Wendela	9:30-10:30AM *Aerial Yoga Basics w/Katie *Pre-Sign Up Required
	11:00AM-12:00PM Classical Pilates w/Katharine	11:00AM-12:15PM NTY Gentle Yoga w/Victoria	11:15 AM-12:30PM NTY Yin Yoga w/ Gentle Movement w/Hong T.	11:30am-12:30am NTY Yoga for Pain/Injury w/Therapy Balls Lucy Gong	11:00 – 12:15 PM Hatha Yoga w/Sevdije	11:15 AM – 12:15 PM Hatha Yoga w/ Lucy NEW TEACHER	11:00AM - 12:15 PM Hatha Flow Yoga w/Victoria
	4:45 – 5:45 PM Pilates Plus w/Sara T.		12:45-1:45PM * TRX Suspension Training w/Wendela Pre- Sign Up Required Wear Sneakers	4:15-5:15 PM NTY Happy Hips Yoga w/Kylee	Ask About Private Training: Pilates Equipment, Aerial Silks, TRX, and Yoga <i>It will change your body and your life</i>	12:30-1:30PM All Levels *Aerial Yoga w/Nate Pre-Sign up Required NEW TEACHER	12:30-1:30 *TRX Suspension Training w/Wendela Pre- Sign Up Required Wear Sneakers
	6:00 – 7:15 PM Power Yoga w/Wendy	5:30 – 6:30 PM Pilates/TRX w/Sev	6:00-7:15PM NTY Hatha Yoga w/Cassidy NEW	5:30 - 6:30 PM Pilates /Barre w/Wendy			
	7:30-8:30PM NTY Slow Flow & Restore w/Victoria	7:00-8:15PM NTY Flow and Restorative Yoga w/ Hong T	7:30-8:30PM *Restorative/Gentle Aerial Yoga w/Cassidy *Pre-Sign Up Required NEW	6:45-7:45 pm *Aerial Core Fit w/Katie 7:45 – 8:45PM *Aerial Yoga Flips & Tricks w/Katie Pre-Sign Up Required		*Aerial Students must wear: shirts with sleeves. no Jewelry or gum	



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PERSONAL TRAINING ROOM	9:15 – 10:15 AM Pilates Reformer Group PT w/Wendy Santiago Level 2		8:15-9:15 AM Pilates Reformer Group PT w/Wendy Santiago Level 2	9:00 – 10:00 AM Pilates Reformer Group PT w/Wendy Santiago Level 2	9:45-10:45AM Pilates Reformer Group PT W/ Sevdije Like Level 2	10:15 – 11:15 AM Pilates Reformer Group PT w/ Wendy Santiago Level 2	9:30 – 10:30 am Pilates Reformer Group PT w/ Wendela Jackson Level 1
Not Included in Mat Class Packages Appointment Required Group Pkg-\$200 Drop in-\$35 Experience required	**These groups are forming. Group begins when there are 4 members signed up. Call the studio if interested in joining a group	3:00-4:00 PM Pilates Reformer Group PT w/ Wendy Santiago Leve 1, 2		3:00-4:00 PM Pilates Reformer Group PT w/ Wendy Santiago Level 1, 2		11:30 -12:30 AM Pilates Reformer Group PT w/Wendy Level 1	
	6:00-7:00PM Pilates Reformer Group w/Jennifer Guest Level 1	6:30-7:30 PM Pilates Reformer Group PT w/Wendy Santiago Level 2	**6:00-7:00PM Pilates Reformer Group TBA w/Jennifer Guest Level 1, 2				
	<p>We encourage all mat class students to sign up prior to coming to the studio. You can register online, 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 & TRX classes, where reservations are mandatory.</p> <p>Workshops: Sound Immersion Meditation – Sunday May 21 5:00pm w/ Tamara, \$25 Ultimate Core Workout – Saturday April 22 2:00pm w /Jennifer \$25 <i>We encourage all participants to pre-register for all workshops to insure there is still space. Workshops may be cancelled if registration is low.</i></p>						