



Wendy Fit Yoga Pilates

JUNE 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)

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.

Yoga Mat
needed for all
classes
Rental \$1
cash only

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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		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 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 NTP	11:00AM-12:15PM NTY Gentle Yoga w/Victoria	11:15 AM-12:30PM NTY Yin Yoga w/ Gentle Movement w/Hong T.	4:15-5:15 PM NTY Happy Hips Yoga w/Kylee	11:00 – 12:15 PM Hatha Yoga w/Sevdije	11:15 AM – 12:15 PM Hatha Yoga w/ Lucy	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	5:30 - 6:30 PM Pilates /Barre w/Wendy	Ask About Private Training: Pilates Equipment, Aerial Silks, TRX, and Yoga <i>It will change your</i> <i>body and your life</i>	12:30-1:30PM All Levels *Aerial Yoga w/Lucy Pre-Sign up Required	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	6:45-7:45 pm *Aerial Core Fit w/Lucy		*Aerial Students must wear: shirts with sleeves. no Jewelry or gum	
	7:30-8:30PM NTY Slow Flow & Restore Yoga w/Victoria	7:00-8:15PM NTY Flow & Restorative Yoga w/ Hong T	7:30-8:30PM *Restorative Aerial Yoga w/Cassidy Pre-Sign Up Required NEW	8:00 – 9:00pm * Restorative/Gentle Aerial Yoga w/Lucy Pre-Sign Up Required			



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PERSONAL TRAINING ROOM Not Included in Mat Class Packages Appointment Required Group Pkg- \$200 Drop in-\$35 Experience required	9:15 – 10:15 AM Pilates Reformer Group PT w/Wendy Santiago Level 2		8:15-9:15 AM Pilates Reformer Group PT w/Jennifer 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
	Group begins when there are 4 members signed up. If you have a group of friends and want to start your own group, even if there are only 2 or 3, we can help you fill it. Call the studio if interested in joining a group	3:00-4:00 PM Pilates Reformer Group PT w/ Wendy Santiago Level 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 Santiago 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					
	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. Workshops: Yoga for Flexibility – Saturday June 24 2:00pm w/ Wendy, \$35 Back Bends & Twists – Saturday July 15 2:00pm w /Wendy \$35 200hr Yoga Teacher Training/Certification August-October 2023 2:00-7:00pm every Saturday <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>						