

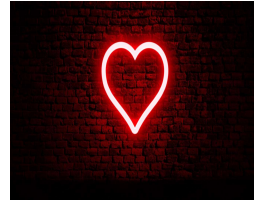


# FEBRUARY SCHEDULE OF *STUDIO* & *VIRTUAL* CLASSES 2024

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 CURLEW RD SUITE 6E DUNEDIN FLORIDA

PH: (727) 754-7840 Text (727) 758-3280



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><i>Most classes are offered in Studio and Virtually. Please pre-register for all classes, space is limited.</i></b></p> <p>NTY = New to Yoga NTP = New to Pilates NTA = New to Aerial</p> <p><b><i>Yoga Mats are required for all classes. Our Mat Rentals are \$1 (cash only).</i></b></p> <p><b><i>Mat Pilates Classes are ALL Levels.</i></b></p> <p><b><i>*Aerial students must wear shirts with sleeves &amp; remove all jewelry. Chewing gum is not allowed.</i></b></p>	<p>7:00-8:00 AM <u>Sunrise Yoga</u> w/ Hong <b>NTY</b></p>	<p>8:15-9:15 AM <u>*Aerial All Levels</u> w/ Noelle [Pre- Sign Up Required]</p>	<p>7:00-8:00 AM <u>Sunrise Yoga</u> w/ Hong <b>NTY</b></p>			<p>8:30-9:45 AM <u>Power Yoga</u> w/ Wendy</p>	
	<p>9:30-10:45 AM <u>YOGALATES</u> w/ Wendy</p>	<p>9:30-10:30 AM <u>Pilates Plus</u> w/ Wendy</p>	<p>9:30-10:45 AM <u>Alignment Yoga</u> w/ Wendy <b>NTY</b></p>	<p><b>NEW!</b> 10:00-11:00 AM <u>*Cardio Drumming</u> w/ Susan [Pre-Sign Up Required]</p>	<p>9:45-10:45 AM <u>Pilates Plus</u> w/ Wendy</p>	<p><b>NEW!</b> 10:00-11:00 AM <u>*Cardio Drumming</u> W/ Susan [Pre-Sign Up Required]</p>	<p>9:30-10:30 AM <u>*Aerial Yoga Basics</u> w/ Lucy [Pre-Sign Up Required] <b>NTA</b></p>
	<p>11:00 AM-12:00 PM <u>Classical Pilates</u> w/ Katharine <b>NTP</b></p>	<p>11:00 AM-12:15 PM <u>Gentle Yoga</u> w/Victoria <b>NTY</b></p>	<p>11:15 AM-12:30 PM <u>Yin Yoga w/ Gentle Movement</u> w/ Hong <b>NTY</b></p>	<p>11:15 AM-12:30 PM <u>Gentle Yoga</u> w/ Hong <b>NTY</b></p>	<p>11:00 AM-12:15 PM <u>Hatha Yoga</u> w/ Sevdije</p>	<p><b>NEW!</b> 11:15 AM-12:15 PM <u>Yoga Basics</u> w/ Marissa <b>NTY</b></p>	<p>10:45-11:45 AM <u>Hatha Flow Yoga</u> w/ Lucy</p>
	<p>12:15-1:15 PM <u>*TRX Suspension Training</u> w/ Susan [Pre- Sign Up Required] (Wear Sneakers)</p>		<p>12:45-1:45PM <u>*TRX Suspension Training</u> w/ Susan [Pre- Sign Up Required] (Wear Sneakers)</p>	<p>4:15-5:15 PM <u>Happy Hips Yoga</u> w/ Kylee <b>NTY</b></p>	<p>12:30-1:45 PM <u>Yin Yoga w/ Sandbags</u> w/ Noelle <b>NTY</b></p>	<p><b>NEW!</b> 12:30-1:30 PM <u>*Aerial Yoga Basics</u> w/ Marissa [Pre-Sign Up Required] <b>NTA</b></p>	<p>12:00-1:00 PM <u>Yin Yoga w/ Therapy Balls</u> w/ Lucy <b>NTY</b></p>
	<p>4:45-5:45 PM <u>Pilates Plus</u> w/ Sara</p>			<p>5:30-6:30 PM <u>Barre Sculpt</u> w/Aubrey</p>			
	<p>6:00-7:15 PM <u>Power Yoga</u> w/ Wendy</p>	<p>5:30-6:30 PM <u>Pilates Plus</u> w/ Sev &amp; Cheri</p>	<p>6:00-7:15 PM <u>Hatha Yoga</u> w/ Noelle</p>	<p>6:45-7:30 PM <u>*Core Fit Aerial</u> w/ Noelle [Pre- Sign Up Required]</p>			
	<p>7:30-8:45 PM <u>Slow Flow &amp; Restore Yoga</u> w/Victoria <b>NTY</b></p>	<p>7:00-8:15 PM <u>Flow &amp; Restorative Yoga</u> w/ Hong <b>NTY</b></p>	<p>7:30-8:30 PM <u>*Aerial Yoga All Levels</u> w/ Noelle [Pre-Sign Up Required]</p>	<p>7:30-8:30 PM <u>*Flips &amp; Tricks Aerial Yoga</u> w/ Noelle [Pre-Sign Up Required]</p>			

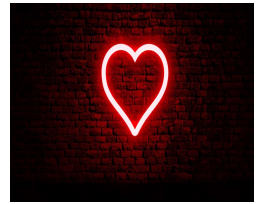


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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p><b><u>PERSONAL TRAINING ROOM</u></b></p> <p><i>Not Included in Mat Class Packages</i></p> <p><b>Appointment Required</b></p> <p><b>Group Pkgs:</b>            5 Classes: \$150            10 Classes: \$280            20 Classes: \$520            30 Classes: \$720            (3-6 Month Expiration)  <b>Drop in-\$40.</b></p> <p><b>*You are now able to book sessions on the Wendy Fit App or Website!</b></p>	<p><b>9:15-10:15 AM</b>            Pilates Reformer Group PT            w/ Jennifer  <b>Level 2</b></p>		<p><b>8:30-9:30 AM</b>            Pilates Reformer Group PT            w/ Jennifer  <b>Level 1</b></p>	<p><b>9:00-10:00 AM</b>            Pilates Reformer Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b>9:45-10:45 AM</b>            Pilates Reformer Group PT            W/ Sevdije  <b>Level 2</b></p>	<p><b>10:15-11:15 AM</b>            Pilates Reformer Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b>9:30-10:30 AM</b>            Pilates Reformer Group PT            w/ Cheri  <b>Level 1</b></p>	
	<p><b>12:00-1:00 PM</b>            Pilates Reformer Group PT            w/ Cheri  <b>Level 1</b></p>	<p><b>12:00-1:00 PM</b>            Pilates Reformer Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b>12:00-1:00 PM</b>            Pilates Reformer Group PT            w/ Cheri  <b>Level 1</b></p>	<p><b>12:00-1:00 PM</b>            Pilates Reformer Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b>3:00-4:00 PM</b>            Pilates Reformer Group PT            w/ Cheri  <b>Level 1</b></p>	<p><b>12:00-1:00 PM</b>            Pilates Reformer Group PT            w/ Cheri  <b>Level 1</b></p>		
	<p><b>5:30-6:30 PM</b>            Pilates Reformer Group            w/ Jennifer  <b>Level 1</b></p>	<p><b>6:30-7:30 PM</b>            Pilates Reformer Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b>5:30-6:30 PM</b>            Pilates Reformer Group PT            w/ Cheri  <b>Level 1</b></p>	<p><b>6:30-7:30 PM</b>            Pilates Reformer Group PT            w/ Cheri  <b>Level 1</b></p>				
<p><b><u>Upcoming Workshops:</u></b></p>	<p><b>Join Wendy Santiago on SATURDAY, FEBRUARY 10<sup>th</sup> 4:00-6:30 PM for VALENTINES DAY PARTNER STRETCHING \$55 pp.</b></p> <p><b>Join Victoria Roman on SUNDAY, FEBRUARY 11<sup>th</sup> 4:00-6:00 PM for YIN YOGA W/CACAO CEREMONY \$45.</b></p> <p><b>Join Jodi Rehm on THURSDAY, FEBRUARY 15<sup>th</sup> 8:30-9:30 AM for YOGA BALL THERAPY \$20 or can be taken out of your class package.</b></p> <p><b>Join Tamara Rokicki on SUNDAY, FEBRUARY 18<sup>th</sup> 5:00-6:00 PM SOUND BATH MEDITATION w/Crystal Singing Bowls, Chimes &amp; Drums \$25.</b></p> <p><b>Join Ashanka Kananda on SATURDAY, FEBRUARY 24<sup>th</sup> 4:00-6:00 PM for KHALSA WAY PRENATAL YOGA \$35.</b></p>							