



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



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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  <i>(3-6 Month Expiration)</i>  <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><u>9:15-10:15 AM</u></b>            Pilates Reformer            Group PT            w/ Jennifer  <b>Level 2</b></p>		<p><b><u>8:30-9:30 AM</u></b>            Pilates Reformer            Group PT            w/ Jennifer  <b>Level 1</b></p>	<p><b><u>9:00-10:00 AM</u></b>            Pilates Reformer            Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b><u>9:45-10:45 AM</u></b>            Pilates Reformer            Group PT            W/ Sevdije  <b>Level 2</b></p>	<p><b><u>10:15-11:15 AM</u></b>            Pilates Reformer            Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b><u>9:30-10:30 am</u></b>            Pilates Reformer            Group PT            W/Cheri  <b>Level 1</b></p>	
	<p><b><u>12:00-1:00 PM</u></b>            Pilates Reformer            Group PT            w/ Cheri  <b>Level 1</b></p>	<p><b><u>12:00-1:00 PM</u></b>            Pilates Reformer            Group PT            w/ Wendy  <b>Level 2</b></p>		<p><b><u>12:00-1:00 PM</u></b>            Pilates Reformer            Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b><u>12:00-1:00 pm</u></b>            Pilates Reformer            Group PT            w/Cheri  <b>Level 1</b></p>			
	<p><b><u>5:30-6:30 PM</u></b>            Pilates Reformer            Group            w/ Cheri  <b>Level 1</b></p>	<p><b><u>6:30-7:30 PM</u></b>            Pilates Reformer            Group PT            w/ Wendy  <b>Level 2</b></p>	<p><b><u>5:30-6:30 PM</u></b>            Pilates Reformer            Group PT            w/ Cheri  <b>Level 1</b></p>	<p><b><u>6:30-7:30 PM</u></b>            Pilates Reformer            Group PT            w/ Cheri  <b>Level 1</b></p>				
<p><b><u>Upcoming Workshops:</u></b></p>	<p>Sunday April 7 – Hand &amp; Feet Workshop using the Melt technique with Cheri            Friday April 26 – Low Silk Aerial w/ Sound Meditation with Noelle &amp; Tamara            Saturday April 27 – Stretch Lab Workshop with Wendy            Saturday May 4 - Qigong Flow w/Sound Meditation Tamara &amp; Debbie</p>							