

December Group Fitness



WARREN
SPORTS & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Floor Studio Spin Room Facility Hours: M-F 5:30AM-9PM Sat 7AM-3PM	<p>*Classes are subject to change. Please sign up for text alerts by texting WSF to 84576.*</p> <p>Class descriptions are on the back. Some classes may not be available at this time.</p>		1 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM	2 HIIT 6:30AM C&S 8:00AM Combat Fit 5PM	3
5 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM Yoga 5PM Combat Fit 5PM Spin 6PM	6 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM	7 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Combat Fit 5 PM Barre 6PM Spin 6PM	8 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM Yoga 5PM	9 HIIT 6:30AM C&S 8:00AM Combat Fit 5PM	10
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26 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM WSF HOURS 5:30 AM -12 Noon	27 Spin 6AM Bodies in Motion 10:30AM	28 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Combat Fit 5 PM Spin 6PM	29 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM	30 HIIT 6:30AM C&S 8:00AM Combat Fit 5PM	31 WSF HOURS 7 AM -12 Noon

Childcare hours Monday-Thursday, 9AM-12PM

Mat availability is limited. Please bring a mat if you plan to attend class on a regular basis.

Active Agers w/ Kendra + Sue | In this class, age is really just a number. This class is designed for the mature adult looking to improve strength and flexibility. Certified in Active Aging, Kendra and Sue will help you work towards goals you have been setting aside!

Barre with Winter | Take it to the barre with unique, ballet inspired movements that incorporate modern day Pilates and strength training. This class is built for the burn.

Bodies in Motion with Kathy | A class for our mature adults using a variety of support positions with a chair, designed to improve overall functional fitness. Safe, fun and effective movements with hand-held weights, elastic tubing, and a ball. Best for our active adult crowd! *All levels welcome*

Cardio & Sculpt (C&S) with Angela & Sue | One of our most popular, long-standing classes that incorporates endurance, strength and flexibility. The class starts with fun cardio, then incorporates strength training movements and ends with stretching exercise. *All levels welcome.*

Combat Fit with Philip | Inspired by functional training, this class is designed to improve your overall physical fitness while incorporating the values of community. Be prepared to use a variety of equipment that will test your strength and cardiovascular fitness. (M, W, F at 5 PM)

Fit Fusion with Jenna | This class is for the mat class lover! From barre to Pilates, this class will challenge your body, mind and soul. All levels welcome. Mats & Sticky socks recommended.

HIIT with Lane | High-Intensity Interval Training, HIIT, builds cardiovascular fitness while improving muscular strength and endurance. This class is ideal for someone looking to burn serious calories through intense cardio movements! *Best for intermediate to advanced levels.*

Spin | Our spin class includes fast-paced upbeat tracks to help build the heart rate at different intervals over the course of the workout with alternating periods of sitting and standing, as well as adjusting the intensity of the bike. Classes average around 45 minutes in length, and it's a great idea to grab one of our towels and bring your water bottle with you to this class – you're going to need both! If it is your first time taking spin, please arrive early to insure proper set up of the bike. *All levels welcome.*

TruStretch with Kathy | Tight muscles? Limited mobility? This class is great to help lengthen and stretch tired, achy muscles. This is a great class to enjoy post exercise. *All levels welcome.*

UpLift with Cherie | Designed for women 16 and up, this class focuses on strength training, barbell movements and community. Get ready to work hard and have fun! *All levels welcome.*

Yoga with Priscilla | This class consists of deliberate, concentrated movements and postures designed to promote flexibility, tone and strengthen muscles and align the body. Learn basic Yoga postures that help develop strength, balance, and flexibility. *All levels welcome. (M/Th, 5PM)*

YogaFlow with Sarah Elizabeth | Join SE in this multi-level yoga flow class that will incorporate foundational yoga movements, strength, flexibility and more. *All levels welcome. Mat recommended. (T/Th, 6AM)*

More than Yoga with Sue | Join Sue for this beginner to intermediate yoga class designed to engage your body, mind, heart and soul through challenging poses and scripture meditation. *(Thurs, 9:15AM)*