

# January Group Fitness



**WARREN**  
SPORTS & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM Yoga 5PM</p> <p>WSF HOURS 5:30 AM - 6 PM</p>	<p>3</p> <p>Bodies in Motion 10:30AM</p>	<p>4</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30 Combat Fit 5 PM Barre 6PM</p>	<p>5</p> <p>Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>6</p> <p>Friday Fitness8:00AM Combat Fit 5PM</p>	<p>7</p>
<p>9</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM Yoga 5PM Combat Fit 6PM</p> <p>HALF OFF DAY!</p>	<p>10</p> <p>Bodies in Motion 10:30AM FitFusion 11AM</p> <p>HALF OFF DAY!</p>	<p>11</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30 Combat Fit 5 PM Barre 6PM</p>	<p>12</p> <p>Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>13</p> <p>Friday Fitness8:00AM Combat Fit 5PM</p>	<p>14</p>
<p>16</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM Yoga 5PM</p> <p>WSF HOURS 5:30 AM - 6 PM</p>	<p>17</p> <p>Bodies in Motion 10:30AM FitFusion 11AM</p>	<p>18</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30 Combat Fit 5 PM Barre 6PM</p>	<p>19</p> <p>Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>20</p> <p>Friday Fitness8:00AM Combat Fit 5PM</p>	<p>21</p>
<p>23</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM Yoga 5PM Combat Fit 6PM</p>	<p>24</p> <p>Bodies in Motion 10:30AM FitFusion 11AM</p>	<p>25</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM TruStretch 10:30 Combat Fit 5 PM Barre 6PM</p>	<p>26</p> <p>Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM</p>	<p>27</p> <p>Friday Fitness8:00AM Combat Fit 5PM</p>	<p>28</p>
<p>30</p> <p>HIIT 6:30AM Active Agers 8AM C&amp;S 9:15AM UpLift 9:15AM Yoga 5PM Combat Fit 6PM</p>	<p>31</p> <p>Bodies in Motion 10:30AM FitFusion 11AM</p>	<p>Gym Floor Studio</p> <p>Facility Hours: M-F 5:30AM-9PM Sat 7AM-3PM</p>	<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>		

# Class Descriptions

**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 5/6 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.*

**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)*

**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)*

**Facility Hours: Monday-Friday, 5:30 AM-9 PM, Saturday, 7 AM-3 PM**

**Childcare Hours: Monday-Thursday, 9 AM-12 PM (\$10 per month per family)**

**Pickleball: Monday, Wednesday, Thursday, Friday, 1PM-3PM**

**Tuesday, 1:30 PM-3:30 PM**

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