

May Group Fitness



WARREN SPORTS & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM Yoga 5PM	2 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM	3 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM	4 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM	5 Friday Fitness 8AM	6
8 HIIT 6:30AM Active Agers 8AM C&S 9:15AM Yoga 5PM	9 Spin 6AM Bodies in Motion 10:30AM	10 HIIT 6:30AM Active Agers 8AM C&S 9:15AM TruStretch 10:30 Barre 6PM	11 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM	12 Friday Fitness 8AM	13
15 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM Yoga 5PM	16 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM	17 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM	18 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM FitFusion 11AM Yoga 5PM	19 Friday Fitness 8AM	20
22 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM Yoga 5PM	23 Spin 6AM Bodies in Motion 10:30AM FitFusion 11AM	24 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM	25 Spin 6AM Yoga 9:15AM Bodies in Motion 10:30AM Yoga 5PM	26 Friday Fitness 8AM	27
29 WSF CLOSED  MEMORIAL DAY	30 Spin 6AM Bodies in Motion 10:30AM	31 HIIT 6:30AM Active Agers 8AM C&S 9:15AM UpLift 9:15AM TruStretch 10:30 Barre 6PM	Gym Floor Studio Spin Room Facility Hours: Mon-Fri 5:30AM-9PM Sat 7AM-3PM	Class descriptions are on the back. Some classes may not be available at this time.	 <i>God</i> IS MY <i>Refuge and</i> STRENGTH <small>Psalms 46:1</small>

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.*

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.'

Friday Fitness with Sue | Circuit style intervals of cardio and strength training. *All levels welcome. (F at 8AM)*

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.*

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.*

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.

Classes are subject to change.

Please sign up for text alerts by texting WSF to 84576.