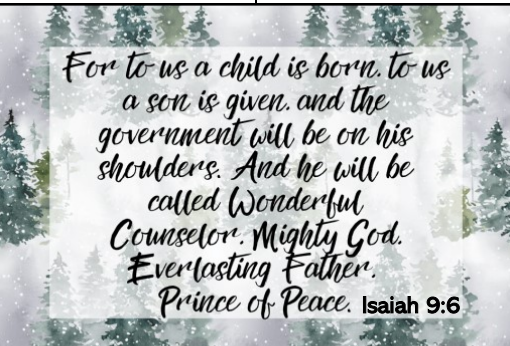



# Group Fitness

# DECEMBER

# WARREN

  
SPORTS & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Gym Floor</b> <b>Studio</b> <b>Spin Room</b>  Class descriptions are on the back.	1 Friday Fitness 8:15AM Friday Flexibility 9:15 AM	2
4 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM Yoga 5PM	5 Spin 6AM Spin 9:15AM Bodies in Motion 10AM Bodies in Motion 11AM FitFusion 11AM	6 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM TruStretch 10:30AM WarrenFit 5PM	7 Spin 6AM Spin 9:15AM More than Yoga 9:15AM Bodies in Motion 10AM Bodies in Motion 11AM FitFusion 11AM Yoga 5PM BootCamp 6:15PM	8 Friday Fitness 8:15AM Friday Flexibility 9:15AM	9
11 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM Yoga 5PM BootCamp 6:15PM	12 Spin 6AM Spin 9:15AM Bodies in Motion 10AM Bodies in Motion 11AM FitFusion 11AM	13 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM TruStretch 10:30AM WarrenFit 5PM	14 Spin 6AM Spin 9:15AM More than Yoga 9:15AM Bodies in Motion 10AM Bodies in Motion 11AM FitFusion 11AM Yoga 5PM BootCamp 6:15PM	15 Friday Fitness 8:15AM Friday Flexibility 9:15AM	16
18 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM Yoga 5PM BootCamp 6:15PM	19 Spin 6AM Spin 9:15AM FitFusion 11AM	20 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM WarrenFit 5PM	21 Spin 6AM Spin 9:15AM More than Yoga 9:15AM FitFusion 11AM	22 Friday Fitness 8:15AM Friday Flexibility 9:15AM	23  <b>WSF Hours</b> <b>7AM-12PM</b>
25  <b>WSF CLOSED</b>  	26  <b>WSF CLOSED</b>	27 HIIT 6:30AM C&S 9:15AM Active Agers 10:30AM WarrenFit 5PM	28 Spin 6AM Spin 9:15AM More than Yoga 9:15AM FitFusion 11AM	29 Friday Fitness 8:15AM Friday Flexibility 9:15AM	30

# Class Descriptions

**Active Agers w/ Kendra & Sue** | This class is designed for the mature adult looking to improve strength and flexibility. Certified in Active Aging, Kendra and Sue will help you meet your fitness and wellness goals! *(M & W, 10:30 AM)*

**Bodies in Motion with Kathy** | A class for our active, mature adults using a variety of support positions with a chair, designed to improve overall functional fitness. Safe, fun and effective movements with weights, elastic tubing, and a ball. *All levels welcome (T & TH, 10:00 AM & 11:00 AM)*

**BootcAMP with Kristen** | This class is geared towards all levels. Expect a fun new workout each week designed to challenge your whole body! *(M, TH, 6:15 PM)*

**Cardio & Sculpt (C&S) with Angela** | This popular and longstanding class incorporates cardio, endurance, strength and flexibility. *All levels welcome. (M & W, 9:15 AM)*

**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. (T & TH, 11 AM)*

**Friday Fitness with Sue** | This circuit based class focuses on strength, endurance, proper body alignment and balance. *All levels welcome. (F, 8:15-9:00 AM)*

**Friday Flexibility with Sue** | Add flexibility to your exercise routine in this mat based class. We focus on gently loosening the joints and simple static stretching to improve range of motion and functional movement. *All levels welcome. (F, 9:15-10 AM)*

**HIIT with Nolton** | 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. (M & W, 6:30 AM)*

**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. *(TH, 9:15AM)*

**TruStretch with Kathy** | This class is will help lengthen and stretch tired, achy muscles. This is a great class to enjoy post exercise. *All levels welcome. (W, 10:30 AM)*

**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. (M & W, 9:15AM)*

**Spin** | This indoor cycling class includes fast-paced upbeat tracks and alternating periods of sitting and standing for an AMazing interval workout. If it is your first time, please arrive early to insure proper bike set up and bring a towel and water! *All levels welcome. (T & TH, 6AM & 9:15AM)*

**WarrenFit with Perry** | Join Level 1/Level 2 CrossFit certified instructor, Perry, for this community-based class progrAMmed to challenge your functional fitness. *Best for intermediate to advanced levels. (W, 5 PM)*

**Yoga with Priscilla** | Learn basic Yoga postures that help develop strength, balance, and flexibility. *All levels welcome. (M & TH, 5PM)*

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

**Childcare Hours: Monday-Thursday, 9 AM-12 PM (Pre-registration is required)**

**Pickleball: For more info go to <https://warren.church/ministries/wsf>**

**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.**