



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 HIIT 6:30AM C&S 9:15AM Step 10:15 Active Agers 10:30AM Yoga 5PM BootCamp 6:15PM</p>	<p>2 Spin 6AM CP 8AM Spin 9:15AM Zumba 10AM BIM 10AM BIM 11AM</p>	<p>3 HIIT 6:30AM C&S 9:15AM Active Agers 10:30AM TruStretch 10:30AM</p>	<p>4 WSF CLOSED </p>	<p>5 Friday Fitness 8:15AM Friday Flexibility 9:15 AM</p>	<p>6</p>
<p>8 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Step 10:15 Active Agers 10:30AM Yoga 5PM BootCamp 6:15PM</p>	<p>9 Spin 6AM CP 8AM TRX 9AM Spin 9:15AM Zumba 10AM BIM 10AM BIM 11AM</p>	<p>10 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM TruStretch 10:30AM</p>	<p>11 Spin 6AM Spin 9:15AM MTY 9:15AM BIM 10AM Zumba 10:15AM BIM 11AM FitFusion 11AM Yoga 5PM BootCamp 6:15PM</p>	<p>12 Friday Fitness 8:15AM Friday Flexibility 9:15 AM</p>	<p>13</p>
<p>15 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Step 10:15AM Active Agers 10:30AM Yoga 5PM BootCamp 6:15PM</p>	<p>16 Spin 6AM CP 8AM TRX 9AM Spin 9:15AM Zumba 10AM BIM 10AM BIM 11AM</p>	<p>17 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM TruStretch 10:30AM</p>	<p>18 Spin 6AM Spin 9:15AM MTY 9:15AM BIM 10AM Zumba 10:15AM BIM 11AM Yoga 5PM BootCamp 6:15PM</p>	<p>19 Friday Fitness 8:15AM Friday Flexibility 9:15 AM</p>	<p>20</p>
<p>22 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Step 10:15AM Active Agers 10:30AM Yoga 5PM BootCamp 6:15PM</p>	<p>23 Spin 6AM CP 8AM TRX 9AM Spin 9:15AM BIM 10AM BIM 11AM</p>	<p>24 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM TruStretch 10:30AM</p>	<p>25 Spin 6AM Spin 9:15AM MTY 9:15AM BIM 10AM BIM 11AM FitFusion 11AM Yoga 5PM BootCamp 6:15PM</p>	<p>26 Friday Fitness 8:15AM Friday Flexibility 9:15 AM</p>	<p>27</p>
<p>29 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Step 10:15AM Active Agers 10:30AM Yoga 5PM</p>	<p>30 Spin 6AM CP 8AM TRX 9AM Spin 9:15AM BIM 10AM BIM 11AM</p>	<p>31 HIIT 6:30AM C&S 9:15AM UpLift 9:15AM Active Agers 10:30AM TruStretch 10:30AM</p>			<p>Gym Floor Studio Spin Room Cardio Landing</p> <p>Class descriptions are on the back.</p>

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 (BIM) 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 Push (CP) with Lynn | Join Lynn for this power-packed cardio class utilizing elements in the Cardio Center and Landing. A (Designed for Beginners) B (Designed for Intermediate). *(T, 8 AM)*

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 (MTY) 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)*

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, 6 AM & 9:15 AM)*

Step with Stacey | The perfect step aerobics class for both the new and seasoned step student. *(M, 10:15AM)*

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)*

TRX and More with Lynn | Beginners level TRX and additional core workout. Limit 8 people. *(T, Th 9-9:45 AM)*

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

Zumba® with Anna / Zumba® is an interval-style dance fitness class that combines low-intensity and highintensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves. *(T, 10 AM, TH 10:15 AM)*

Hours of Operation: M-F | 5AM-9PM SAT | 7AM-7PM

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

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

Classes are subject to change. Please sign up for text alerts by texting WSF to 84576.

MAT AVAILABILITY IS LIMITED. PLEASE BRING A MAT IF YOU PLAN TO ATTEND CLASS ON A REGULAR BASIS.