



WYNDHURST GOLF & CLUB

Sunday: (NO CLASSES ON 5/8 & 5/15)

9 AM Morning Stretch with Kristin

10 AM Total Body Strength with Kristin

11 AM Stretch and Relax Kristin

Monday:

9:30 AM Aqua Fitness with Linda

10AM Functional Fitness with Josh

11AM Cardio & Core with Josh

12 PM Golf & Tennis Injury Prevention

With Josh 10\$ Per Person

4PM Barre and Pilates with Tanya

5PM Healthy Hips with Tanya

6 PM Boga Board Pool Pilates

With Tanya 30\$ Per Person

Tuesday:

9:30 AM Yoga Flow with Linda

11AM Aqua Fitness with Linda

Wednesday: (NO CLASS ON 5/11)

9 AM Longevity Stretch with Nick

10 AM Movement Medicine with Nick

11 AM Cardio & Core with Josh

12 PM Golf & Tennis Injury Prevention

With Josh 10\$ Per Person

Wednesday Continued:

4PM Fix your Posture Pilates with Tanya

5 PM Aqua Barre Pilates with Tanya

Thursday:

9:30 AM Yoga Flow with Linda

11AM Aqua Fitness with Linda

Friday:

9 AM Gentle Pilates with Tanya

10 AM Restorative Yoga with Tanya

11 AM Cardio & Core with Josh

11 AM Boga Board Pool Pilates

With Tanya 30\$ Per Person

12 PM Movement & Meditation with Josh

3 PM Yoga, Breathe, & Meditate

75 Min Class

With Linda 10\$ Per Person

Saturday:

9 AM Pilates with Props with Tanya

10 AM Just Roll with It with Josh

11 AM Movement & Meditation with Josh

11 AM Aqua Barre Pilates with Tanya

12 PM Cardio & Core with Josh

SIGNING UP FOR CLASSES IS REQUIRED- SIGN UP IN PERSON OR CALL 413-551-6512
TWO PERSON REQUIREMENT FOR CLASSES TO RUN BRING A FRIEND FOR 25\$ AND THEY CAN USE THE
ENTIRE CLUB FOR THE DAY!