



WYNDHURST GOLF & CLUB

JULY 2022 FITNESS SCHEDULE

~ MONDAY ~

11AM - Cardio & Core W/Josh

12PM - Golf & Tennis Injury Prevention

W/Josh *\$10 Per Person*

4PM - Barre Pilates W/Tanya

5PM - Healthy Hips W/Tanya

6PM - Bogalates Pilates W/Tanya

\$30 Per Person

~ TUESDAY ~

9AM - Yoga Flow W/Linda

10:30AM - Aqua Fitness W/Linda

11:15AM - Functional Fitness W/Josh

12:15PM - Movement & Meditation W/Josh

~ WEDNESDAY ~

11AM - Cardio & Core W/Josh

12PM - Golf & Tennis Injury Prevention

W/Josh *\$10 Per Person*

2PM - Yoga, Breathe & Meditate (75 Min.

Class) W/Linda *\$10 Per Person*

4PM - Fix Your Posture Pilates W/Tanya

5PM - Aqua Barre Pilates W/Tanya

~ THURSDAY ~

9AM - Yoga Flow W/Linda

10:30AM - Aqua Fitness W/Linda

11:15AM - Functional Fitness W/Josh

12:15PM - Just Roll With It W/Josh

~ FRIDAY ~

9AM - Gentle Pilates W/Tanya

11AM - Cardio & Core W/Josh

12PM - Movement & Meditation W/Josh

~ SATURDAY ~

9AM - Pilates with Props W/Tanya

10AM - Aqua Barre Pilates W/Tanya

**MUST SIGN UP FOR CLASSES IN
ADVANCED. SIGN UP IN PERSON OR CALL
413-551-6512. TWO PERSON MINIMUM
OR CLASS WILL BE CANCELLED.**

**\$15 CHARGE FOR SIGNING UP & NOT
CANCELLING WITHIN AN HOUR.**

PRIVATE CLASSES ARE AVAILABLE.

**ENTIRE POOL AREA CLOSED FOR THE
HOUR OF HIGHLIGHTED CLASSES**

**BRING A FRIEND FOR \$25, THEY'LL GET
ACCESS TO THE CLUB FOR THE DAY!**



WYNDHURST GOLF & CLUB

Aqua Barre ~ This barre & pilates class is in the water. Helps lengthen muscles, improves posture and strengthens the core

Aqua Fitness ~ A powerful & fun class, that burns calories, builds muscle, strengthens, improves coordination, and flexibility in the Wyndhurst Club pool

Bogalates Pilates ~ An aqua class that combines the elements of both yoga & pilates. Engages the core muscles all in the pool

Cardio & Core ~ Looking for a cycling class? This class will begin with hip & core activation techniques before focusing on increasing aerobic capacity through cycling

Fix Your Posture Pilates ~ Open up your spine, create mobility, and release tightness in your back.

Functional Fitness ~ Total body workout, for those who want to push themselves to increase their aerobic and anaerobic capacity

Gentle Pilates ~ Gentle approach to pilates with emphasis on opening up the spine & targeting your core

Golf & Tennis Injury Prevention ~ Will help alleviate the common injuries associated with repetitive rotational sports through a low intensity total body workout

Healthy Hips ~ Focuses entirely on the hips and connecting muscles. Gently open the hips, strengthen then stretch them to release tension and increase flexibility

Just Roll with It ~ Tissue pliability and postural mobility obtained through myofascial release techniques in addition to some light active range of motion drills

Longevity Stretch ~ A class that mixes in mobility, tissue work, and stretching to concentrate on areas of the body with the goal of promoting pain free movement

Morning Stretch ~ Start your day with breath work and a relaxing flow of stretches that hit every part of the body, head to toe

Movement & Meditation ~ Putting an emphasis on alignment and balance this class helps to improve flexibility, coordination, along with hip and core strength

Movement Medicine ~ Ground based movements, while incorporating body weight exercises and mobility to create a better moving body

Pilates with Props ~ Use props to target muscles, different than a standard pilates class

Pilates Barre ~ Focus on the core, while using the mat and athletic ballet exercises at the bar. Emphasizes, lengthens and improves posture & flexibility

Total Body Strength ~ Focus on building strength, range of motion, and functional movements that will help improve your everyday life

Yoga Breathe & Meditate ~ Develop & focus on flexibility and energy in this one of a kind full emersion into the practices of yoga. Great for all levels of familiarity with yoga (75 Minutes)

Yoga Flow ~ Emphasis on body awareness and acceptance. This class includes both floor & standing postures along with breathing and relaxation techniques

Call The Club Desk At 413-551-6512 To Sign Up, Or Sign Up In Person!