



WYNDHURST GOLF & CLUB

JANUARY 2023 FITNESS SCHEDULE

~ MONDAY ~

10AM - FUNCTIONAL FITNESS W/JOSH

11AM - CARDIO & CORE W/JOSH

4PM - POOLSIDE YOGA MEDITATION & STRETCH W/TANYA

5PM - HIP RELEASE & RESTORE W/TANYA

~ THURSDAY ~

9AM - YOGA FLOW W/LINDA

10:30AM - AQUA FITNESS W/LINDA

~ TUESDAY ~

9AM - YOGA FLOW W/LINDA

10:30AM - AQUA FITNESS

~ FRIDAY ~

9AM - GENTLE PILATES W/TANYA

9:45AM - AQUA AEROBICS & STRETCH W/TANYA

10AM - FUNCTIONAL FITNESS W/JOSH

11AM - CARDIO & CORE W/JOSH

~ WEDNESDAY ~

10AM - FUNCTIONAL FITNESS W/JOSH

11AM - CARDIO & CORE W/JOSH

11:30AM - AQUA YOGA W/LINDA

3:30PM - PILATES FOR POSTURE W/TANYA

4:15PM - AQUA AEROBICS & STRETCH W/TANYA

ADVANCE SIGN UP FOR CLASSES IS REQUIRED.

**BRING A FRIEND FOR \$25 - FULL ACCESS TO THE
CLUB FOR THE DAY**

SIGN UP IN PERSON AT THE CLUB DESK OR CALL 413-551-6512



WYNDHURST GOLF & CLUB

AQUA AEROBICS & STRETCH

A perfect combination of water aerobics to burn calories and improve the cardiovascular system. Combined with stretches to improve your posture

AQUA FITNESS

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

AQUA YOGA

A flowing water class which combines aerobics and yoga postures. This class focuses on breathing, stretching, and joint mobility

CARDIO & CORE

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

FUNCTIONAL FITNESS

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

GENTLE PILATES

Teaches the principles of pilates and how to properly engage the core while mobilizing the muscles. Lengthening the muscles is one of the key elements to this class

HIP RELEASE & RESTORE

Hip class focusing on mobility, flexibility and strength throughout your hips. You will finish with a soothing stretch

PILATES FOR POSTURE

Opens up the back making improvements to posture, mobility, and flexibility. It utilizes the foam roller and light weights.

POOLSIDE YOGA MEDITATION & STRETCH

Placing our mats along the pool. We will unwind distress & stretch our bodies while listening to relaxing music

YOGA FLOW

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

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