



WYNDHURST GOLF & CLUB

MARCH 2023 FITNESS SCHEDULE

DAY	TIME	CLASS TITLE	POOL CLOSED
MONDAY	10:00 am 11:00 am 4:00 pm 4:45 pm	Functional Fitness with Josh Cardio & Core with Josh Hip Release & Restore with Tanya Poolside Yoga Meditation & Stretch with Tanya	
TUESDAY	9:00 am 10:30 am	Yoga Flow with Linda Aqua Fitness with Linda	10:30 am - 11:30 am
WEDNESDAY	10:00 am 11:00 am 11:30 am 12:00 pm 3:30 pm 4:15 pm	Functional Fitness Cardio & Core with Josh Aqua Yoga with Linda Movement & Movement with Josh Pilates for Posture with Tanya Aqua Aerobics & Stretch with Tanya	11:30 am - 12:30 pm 4:15 pm - 5:00 pm
THURSDAY	9:00 am 10:30 am 3:45 pm 4:45 pm	Yoga Flow with Linda Aqua Fitness with Linda Cardio & Core with Josh Functional Fitness with Josh	10:30 am - 11:30 am
FRIDAY	9:00 am 9:45 am 10:00 am 11:00 am	Gentle Pilates with Tanya Pool Pilates with Tanya Functional Fitness with Josh Cardio & Core with Josh	9:45 am - 10:45 am

Advance sign up for classes required.

\$15 charge for a no show.

Bring a friend for \$25 - full access to the club for the day.



WYNDHURST GOLF & CLUB

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 that combines aerobics and yoga postures. This class focuses on breathing, stretching, and joint mobility.

BARRE SCULPT

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

CARDIO & CORE

Looking for a cycling class? This class will begin with hip and 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

Gentle approach to pilates with an 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.

HIP RESTORE & RELEASE

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

JUST ROLL WITH IT

Tissue pliability and postural mobility obtained through myofascial release techniques in addition to some light active range of motion movements.

MOVEMENT & MEDITATION

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

PILATES WITH PROPS

Use props to target muscles, different than a standard pilates class.

PILATES FOR POSTURE

Open up your spine, create mobility and release tightness in your back.

YOGA FLOW

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

Sign up in person at the club desk or call 413.551.6512.