



WYNDHURST
MANOR & CLUB

NOVEMBER CLASS SCHEDULE	
Monday 8am Stretch & Mobility 9am Functional Strength 1pm Barre Blend	Thursday 9am Aqua Cardio 11 am HIIT with Intention 3pm Barre Blend 4pm Stretch & Mobility
Tuesday 9am Spin & Sculpt 10am Aqua Cardio 2pm Pilates Mat 4pm Yoga Sculpt	Friday 9am Aqua Barre 10am Functional Strength 11am Spin & Sculpt 4pm Yoga Flow
Wednesday 10am Aqua Barre 11am Yoga Flow 3pm Functional Strength 4pm Pilates Mat	Saturday 8am Yoga Flow 12pm Kickboxing NO CLASSES ON SUNDAY :)

PLEASE NOTE CHANGES FOR THURSDAY, NOVEMBER 23RD, THANKSGIVING DAY CLASSES:

9am Aqua Cardio

11 am Turkey Trot: Join this aerobic walk around property, enjoying others company and sharing what you are grateful for!

2pm HIIT With Intention: Learn how you can stay grounded in gratitude and mindfulness, while working up a sweat!

4pm Gratitude Yoga Flow & Meditation: Practice gratitude as you are guided through this yoga flow, ending with a meditation!

Aqua Cardio : This powerful and fun class burns calories and builds muscle, strength, coordination, and flexibility in the Wyndhurst pool. Please wear a swimsuit. You will get wet.

Aqua Barre : This fun, total-body workout brings a popular class poolside and incorporates movements from dance and Pilates, utilizing the sides of the pool as a ballet barre. We focus on mindful postural alignment and balance, all while strengthening the body without impact. Please wear swimsuit, you will get wet.

Stretch & Mobility: Start your day with a head-to-toe stretch class designed to prepare you for your day ahead.

Functional Strength: Explore the adage that a healthy body equals a healthy mind in this full-body strength workout designed for all levels. Focus on the muscles and movements required for daily activities with general strength training exercises.

Barre Blend: Learn how to transition traditional ballet Barre, ballet terminology, and movements into a more athletic-style workout using small pulses and high repetitions with a focus on alignment and core engagement

Spin & Sculpt: This indoor cycling class incorporates weights, bands, and movements to challenge your upper extremities and keep your legs moving for a full-body workout.

Pilates Mat: Engage every muscle in the body as you perform the 12 basic Pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture.

HIIT with Intention: Learn how you can stay grounded in gratitude and mindfulness, while working up a sweat! Focus on strength and stamina as you become aware of your personal intentions.

Kickboxing: Kickboxing incorporates kicking and punching for a dynamic, challenging experience. Keep your body guessing as you use your personal power in every kick and punch style throughout our rounds.

Yoga Flow: Flow through a sequence of dynamic yoga poses and postures that will be sure to leave you feeling lighter and grounded!

Yoga Sculpt: The perfect blend between traditional yoga poses with strength training. This powerful workout will leave you feeling stronger, refocused, and balanced.