

Wembley Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am Spintervals Ali	5:30-6:30am HIIT/TRX/BOX Ali	5:30-6:30am Spin/Strength Colleen		
7:30-8:30am Functional Fitness Michelle		7:30-8:30am Functional Fitness Michelle		7:30-8:30am Functional Fitness Michelle	7:15-8:00am Spin Ali /Tara/Cyleigh
8:30-9:30am Spintervals/HIIT Box Ali.	8:30-9:30am Total Cond./Step Caroline/Krista	8:30-9:30am Cardio/Core/Floor Krista	8:30-9:30am TRX Krista	8:45-9:30am Strength/Core Ali	8:15-9:15am Strength/Pump/Core Tara/Ali/Cyleigh
9:30-10:30am Spin/Strength Michelle	9:30-10:30am Pump Michelle	9:30-10:20am Spin/Strength Colleen	9:30-10:30am Pump Michelle	9:30-10:15am Spin Colleen	9:15-10:15am Yoga Kate/Vivian
	9:30-10:30am Bootcamp Ashlee	10:15-11:00am Yoga Kate	9:15-10:05am Bootcamp Ashlee	10:30-11:00am 2-3 year old Ballet* Vivian	10:00am-11:00am Cross Training Michelle
4:00-4:45pm Kids Yoga* Vivian	10:30-11:30am Spin/Strength Cyleigh	4:00-4:45pm Fit + Fun Dance* Vivian			
6:00pm-7:00pm Mind, Body + Spirits Yoga Diane	6:00pm-7:00pm Pump Michelle	6:00pm-7:00pm Spin + Core Diane	6:00pm-7:00pm Pump Michelle		*indicates kids class Rev. 6/10/18!

FREE CHILDCARE FOR FAMILY MEMBERSHIPS! : MONDAY THROUGH SATURDAY FROM 8AM-12PM

FITNESS MEMBERSHIP: \$125 FOR INDIVIDUAL/\$208 FOR FAMILY

INCLUDES: ALL GROUP FITNESS CLASSES, ALL AQUA FITNESS CLASSES, ACCESS TO THE POOL INDOOR/OUTDOOR, PADDLE, USE OF OUR FITNESS/GYM FACILITY, FREE CHILDCARE FOR FAMILY, INCLUSION IN SOCIAL ACTIVITIES, DISCOUNTS FOR TUTORING AND CAMP

CLASS PASS: \$140/10 CLASSES – FITNESS CLASS USE ONLY (NOT AQUA) THIS DOES NOT INCLUDE CHILDCARE OR ACCESS TO THE POOL OR GYM FACILITIES.

Questions - email Ali@wembleyclub.com or wembleyfitness@gmail.com