

MON	TUE	WED	THUR	FRI	SAT	SUN
	6:30-7:30am BIKE Clair					9:30-10:30am BIKE Mare/Ursula
9:30-11:00am Yoga Mr Yoga: Daniel <i>(90min)</i>	9:30-10:30am BIKE Sandra J	9:30-10:00am WynnSprint Clair	9:30-10:30am BIKE Clair	9:30-10:30am Fusion Toning Salvius	10:00 - 11:00am Wynndurance Mare	
		10:00-10:30am Wynndurance Clair			11:00-12:15pm Xtreme Power Pilates Pino <i>(75 min)</i>	
					12:15-1:00pm Ballet Sculpt Pino <i>(45 min)</i>	

EVENING CLASSES

	5:30-6:25pm Xtreme Boot Camp Pino			<p>Discover the power and energy from our Group Exercise Program. Our instructors are here to educate, motivate and elevate you to be your best self, live your greatest life and achieve your highest potential. We do not define success by the number on the scale - but by the strength you feel, the courage you find and the joy you experience. Walk into one of our classes and discover a whole new way to move your body and love the skin you're in!</p> <p>Check out our new SUMMER class formats like: WynnSprint, Wynndurance, Bootcamp, and Bike - Exciting classes that will keep you fit all summer long. Xtreme classes raise the intensity. New Fusion Yoga and Pilates classes keep your workout fresh. Xtreme workout DVD available at our juice bar</p> <p>Check out ZUMBA® More opportunity to ditch the routine...and join the party!</p> <p>We want to hear from you!!! Have a comment or suggestion? Just leave Pino a message at reception.</p> <p>Pino Rizzi - Group Exercise Director</p>		
6:00-7:00pm BIKE Cris	6:30-6:55pm 25 Min Abs Yvonne	6:00 - 7:00pm BIKE Ursula	6:30-6:55pm 25 Min Legs Butt&Abs Yvonne			
7:00-8:00pm  Erica	7:00-8:00pm Body Blast Yvonne	6:30 - 7:30pm  Sandra F	7:00 - 8:00pm Cardio Kickbox Yvonne			