



Wendy Fit Yoga Pilates

AUGUST SCHEDULE OF CLASSES 2017

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

3438 East Lake Rd Suite 19,
East Lake Woodlands Shopping Center

PH: (727) 754-7840

RSVP for Classes & Workshops ONLINE @ www.wendyfit.com

*Classes are Subject to Change (No Memberships)

NTY=New to Yoga Class	KARMA ROOM (30 MAX)	NAMASTE ROOM (Max 8-10) *Pre-sign up suggested	PERSONAL TRAINING ROOM Appointment Required
MONDAY	9:15-10:30 AM Hatha Yoga w/ Julie NTY		9:30 – 10:30 AM *Pilates Group PT w/Wendy
	10:45AM-11:45 AM Core Strength Training & TRX w/Yulia		
	4:45 – 5:45 PM Pilates Plus w/Sara T.		
	6:00 – 7:15 PM Power Yoga w/Wendy O.		6:00-7:00 PM Pilates Group PT w/Sevdije
	7:30 - 8:45 PM Yoga for Stress & Meditation w/Wendy O NTY		
TUESDAY			
	9:30 – 10:30 AM Pilates Plus w/Wendy O.		
	11:00AM - 12:15 PM Hatha Yoga w/Yulia or Stephanie		
	5:45 – 6:45 PM Pilates Plus w/Sevdije		6:00-7:00 PM *Pilates Group PT w/Wendy
	4:00 – 5:15 PM Gentle Yoga w/ Julie NTY		
	7:00 - 8:00 PM Warm Yoga Flow w/Sevdije		
	8:00-9:00 PM Belly Dancing w/Sevdije NTY		
WEDNESDAY	6:00 AM- 7:15 AM Sunrise Yoga w/Ashley NTY		
	New Time 9:30 – 10:45 AM Alignment Yoga w/Wendy O. NTY	9:30-10:30 AM Core Strength Training & TRX w/ Gene	
	6:00-7:15 PM Hatha Yoga w/Wendy O		
	Notice Every Third Wednesday of the month. 7:30- 8:30 PM Yoga for Stress & Meditation w/Ashley	7:00 – 8:00 PM NTY Therapeutic Yoga w/Natalie	

*Aerial Yoga and TRX is Pre-sign up and Pre-pay - limited to 6 students – cancellation policy applies.



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THURSDAY	9:30-10:30 am Vinyasa Flow w/Ashley		
	10:45-12:00 NOON Gentle Hatha Yoga w/Ashley NTY		9:00 – 10:00 AM *Pilates Group PT w/Wendy
	6:00 - 7:00 PM Pilates Plus w/Sevdije		
	7:15 – 8:30 PM NTY Gentle Healing Yoga w/Julie		7:00 – 8:00 PM *Pilates Group PT w/Wendy
FRIDAY	6:00-7:15 AM Sunrise Yoga w/Ashley NTY		
	9:30-10:30 AM Pilates Plus w/ Wendy	9:15-10:15 AM Beginner Yoga w/Manisha NTY	9:30-10:30 AM *Pilates Group PT w/ Barb
	10:45AM – 12:00 PM Hatha w/Wendy O. NTY		
	5:00 – 6:00 PM Kids Yoga w/ Shannon		
SATURDAY	8:30 – 9:45 AM Power Yoga w/Wendy O.		
	10:00 – 11:00 AM Aerial Yoga w/ Yulia or Crystal *Appointment Required	10:00 – 11:00 AM Classic Pilates NTP w/ Katherine NTY	10:30 – 11:30 AM *Pilates Group PT w/ Wendy
	11:30AM – 12:45 PM Hatha Yoga w/Crystal NTY	11:30 – 12:30 PM TRX Core Training w/Gene *Appointment Required	
	1:00 – 2:00 PM Aerial Basics Yoga w/ Bianca *Appointment Required		
SUNDAY	11:00AM - 12:15 PM Yoga Basics w/Julie NTY		

*Aerial Yoga and TRX is Pre-sign up and Pre-pay - limited to 6 students -cancellation policy applies.

*Class pre-sign up policy- Your spot will be held until the start time of the class. If you have not arrived, your spot will be given away. Please call if you need to cancel a reservation.

August 12 – Essential Oil Education-Muscle and Joint Pain – Free 1:00 – 2:00 PM

Free Essential Oils Class-second Saturday of every month

August 12- Yin Yoga Workshop w/Yvette 4:00 – 6:00 PM

August 19 – The Subconscious Mind Workshop w/ Tracy Dobrev 12:30

August 20 – Sound Bath Meditation 5:00 – 6:00 \$20

Aug 26 – Hypno Yoga Workshop w/ Bianca Ramos 2:30 PM