



Wendy Fit Yoga Pilates

FEBRUARY SCHEDULE OF CLASSES 2020

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 Curlew Rd Suite 6E

PH: (727) 754-7840

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

*Classes are Subject to Change (No Memberships)

NTY=New to
Yoga (All Levels)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NAMASTE ROOM (20 MAX Yoga 15 MAX Pilates) Mat Pilates is ALL levels. NTY= Class can adapt to beginners and all levels.	9:30-10:45 AM Hatha Yoga w/ Julie NTY	7:00 -8:00 AM Sunrise Yoga w/ Cindy NTY	9:30 – 10:45 AM Alignment Yoga w/Wendy NTY	9:30-10:45 AM Power Yoga w/Valentina	7:00 -8:00 AM Sunrise Yoga w/ Cindy NTY	8:30 – 9:45 AM Power Yoga w/Wendy	9:30 – 10:30 AM Aerial Yoga Basics w/Julie NTY <i>*Appointment Required</i>
	11:00AM-12:00PM Yoga for Strength & Flexibility w/Barre Assist w/Noelle NTY	9:30 – 10:30 AM Pilates Plus w/Wendy	11:00AM – 12:15 PM Yin Yoga w/Yvette NTY	<i>NEW!</i> 11:00AM-12:00PM Yoga Strong w/Ashley Hinds NTY	8:30-9:30 AM Beginner Yoga w/ Cindy NTY	10:00 – 11:00 AM Classical Pilates w/ Katherine	11:00AM - 12:15 PM Yoga Basics w/Julie NTY
		<i>NEW!</i> 11:00AM -12:00PM Beginner Yoga w/Sylvia K. NTY			9:45-10:45 AM Pilates Plus w/ Wendy	11:15 AM – 12:15 PM Hatha Yoga w/Valentina	
	4:45 – 5:45 PM Pilates Plus w/Sara T.	3:00-4:15 PM Gentle Yoga w/Ashley Hinds NTY		<i>New Time!</i> 5:15 – 6:15PM Yinyassa w/Ashley Hinds NTY	11:00 AM – 12:15 PM Hatha Yoga w/Wendy NTY	12:30 – 1:30 PM TRX Core Training w/Gene <i>*Wear Athletic Shoes</i> <i>*Appointment Required</i>	
	6:00 – 7:15 PM Power Yoga w/Wendy	5:45 – 6:45 PM Pilates Plus w/Sevdije	6:00-7:15 PM Hatha Yoga w/Wendy NTY	<i>New Time!</i> 6:30 - 7:30 PM Pilates w/ Barre Assist w/Wendy			
	7:30 - 8:45 PM Yoga for Stress & Injury Prevention w/Wendy NTY	7:00 - 8:00 PM Warm Yoga Flow w/Sevdije <hr/> 8:00 – 9:00 PM Belly Dance w/ Sevdije	7:30 – 8:30 PM Aerial Yoga Level 1 w/ Liseli <i>*Appointment Required</i>	7:30 – 8:30 PM Aerial All Levels w/Noelle <i>*Appointment Required</i>		Calendar Revised 2/1/2020	



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PERSONAL TRAINING ROOM Not Included in Mat Class Packages Appointment Required Group Pkg- \$200 Drop in-\$35 Experience req'd	9:30 – 10:30 AM *Pilates Group PT w/Wendy		8:15-9:15 AM *Pilates Group PT w/Wendy	9:00 – 10:00 AM *Pilates Group PT w/Wendy			9:30 – 10:30 AM *Pilates Group PT w/ Sevdije
		6:00-7:00 PM *Pilates Group PT w/Wendy			10:00-11:00AM *Pilates Group PT W/Barb (postponed-tba)	10:30 – 11:30 AM *Pilates Group PT w/ Wendy	
		7:00 – 8:00 PM *Pilates Group PT w/Wendy		5:30 – 6:30 PM *Pilates Group PT w/Wendy			
UPCOMING WORKSHOPS	Partner Thai Yoga Massage Workshop w/ Wendy Santiago & Laura Lauraityte – February 8th / 2:00-4:00pm Gentle Restorative using Low Silks w/Wendy- February 15th/2:00-4:00pm Finding Your Inner Peace w/ Sylvia Keilty- Fri Feb 21st /4:30-6:30pm See website for more details.						