

The Wanderers Club 2018 Fall Fitness Schedule

~Effective October 1st~

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Restorative Yoga - Melissa	Pedal & Core - Kelly	Learn & Burn - Kelly	Pedal & Core - Kelly	Restorative Yoga - Melissa
9:30 AM	Learn & Burn - Kelly		Vinyasa Flow Yoga - Cora		
11:00 AM	Reformer MAT - Anna		Water Aerobics - Anna		
1:00 PM					Circuit Training - Sean
5:30 PM		Power Pilates - Kelly	Restorative Yoga - Melissa		

Kelly Sullivan
561-252-7105
Sullivankelly@bellsouth.net

Learn & Burn - Learn how to utilize our amazing gym with this fun class! Move through a variety of circuits from the studio to the gym floor completing cardio, toning and firming.

Power Pilates MAT - Focus is to improve core strength and flexibility using traditional Pilates concepts and techniques with precise movements designed to stretch and strengthen muscle without adding bulk. You will experience increased energy and achieve inner balance.

Pedal & Core - This class combines 25 minutes of spin followed by 25 minutes of core strengthening exercises.

Anna Shay McEntee
561-236-8998
Ashaywellness@aol.com

Reformer MAT - This challenging core workout simulates the toning, stretching and lengthening movements that are typically done on the Pilates resistance equipment such as the Reformer. This workout is a Pilates body sculpt targeting deep and superficial muscles. It will give your abs and upper and lower extremities an intensive workout while challenging your core stability, balance, coordination and flexibility to enhance the athletic performance of golfers, racquet players and equestrians.

Water Aerobics - This class is designed to enhance aerobic capacity and challenge core strength, flexibility, balance and coordination. This workout uses the mind-body connection borrowed from Pilates and Yoga exercises and works from different planes of movement for an intense total body workout.

Melissa Winter
201-602-0547
1magicalyogi@gmail.com

Restorative Yoga - A relaxing yoga practice using gravity and breath. Indulge in the concept of releasing. This class will help your flexibility, focus, balance, and continue to make you feel well throughout the day. Nothing will sting, hurt or burn. All you need is a yoga mat and an open mind!

Cora Rosen
954-304-1984
Cora@mokshayogastudio.com

Vinyasa Flow Yoga - A creative flow sequence dynamically linking movement with breath and improving strength, balance & flexibility while clearing the mind. This class is appropriate for all levels, however, is more of a vigorous style of yoga. Be prepared to sweat & challenge the body!

Sean Benevides
561-214-0660
Sbenny4@hotmail.com

Circuit Training - Focus on total body training for men and women of all ages and fitness levels with emphasis on muscle tone, functional strength and weight loss where desired. Total body metabolic training, cardio training, resistance exercises, core strengthening and abs work will be take place each class.