

# Wembley Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am Spintervals Ali H.	5:30-6:30am HIIT/TRX/BOX Ali H.	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 H./Tara
8:30-9:30am Spintervals/HIIT Box Ali H.	8:30-9:30am Cardio Barre Fusion Caroline	8:30-9:15am Cardio/Core/Floor Krista	8:30-9:30am TRX Krista	8:45-9:15am Strength Ali H.	8:15-9:15am Strength/Pump/Core Tara/Ali
9:30-10:30am Spin/Strength Michelle	9:30-10:30am Pump Michelle	9:15-10:00am Spin Colleen/Ali	9:15-10:05am Bootcamp Ashlee	9:15-10:15am Spin/Core Colleen	9:15-10:15am Yoga Ali B.
	9:30-10:30am Bootcamp Ashlee	10:00-10:45am Yoga Kate	9:30-10:30am Pump Michelle	10:45-11:15am 2-3 year old Ballet* Vivian	10:00am-11:00am Cross Training Michelle
4:30-5:15pm Kids Yoga* Vivian	12:30-1:15pm 4-6 year old Ballet* Vivian	4:30-5:15pm 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!

**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](mailto:Ali@wembleyclub.com) or [wembleyfitness@gmail.com](mailto:wembleyfitness@gmail.com)