

women's fitness studio & spa

21 stanwood street | brunswick, me | 207-729-5544 | www.wfs-spa.com

Class Descriptions @ WFS

Monday			
5:15 AM	6:15 AM	RPM	CA
8 AM	9 AM	CardioJam	CA/ST
8 AM	9 AM	MuscleMatters with Roll and Release	ST/CH
9:15 AM	10:15 AM	BodyCombat	CA
<b>10:20 AM</b>	<b>11:20 AM</b>	<b>BodyFlow</b>	CH/ST
<b>10:30 AM</b>	<b>11:30 AM</b>	<b>SmartMoves</b>	ST
11:30 AM	12:15 PM	YaH	CH
4:30 PM	5:30 PM	BodyPump	ST
<b>5:35 PM</b>	<b>6:35 PM</b>	<b>MuscleMatters</b>	ST
5:35 PM	6:35 PM	RPM	CA
Tuesday			
5:15 AM	6:15 AM	BodyPump	ST
7:30 AM	8 AM	Barre EXP	ST/CH
8 AM	9 AM	Rhythm Ride	CA
<b>9AM</b>	<b>10AM</b>	BodyPump	ST
10:20 AM	11:20 AM	Yoga Stretch	CH
<b>4:30 PM</b>	<b>5:30 PM</b>	<b>Zumba</b>	CH
5 :35 PM	6:35 PM	MuscleMatters	ST
<b>5:35 PM</b>	<b>6:35 PM</b>	<b>Ashtanga Yoga</b>	CH
Wednesday			
5:15 AM	6:15 AM	BodyFlow	CH/ST
8 AM	9 AM	Step	CA
8 AM	8:45 AM	MuscleMatters	ST
9 AM	9:30 AM	TRX EXP	ST
9:15 AM	10:15 AM	Fiesta Fitness	CA
11:30 AM	12:15 PM	YaH	ST
4:30 PM	5:30 PM	BodyPump	ST
5:35 PM	6:35 PM	BodyFlow	CH/ST
<b>5:35 PM</b>	<b>6:35 PM</b>	<b>MuscleMatters</b>	<b>ST</b>
Thursday			
5:15 AM	6:15 AM	BodyPump	ST
8 AM	9 AM	Spin	CA
<b>8 AM</b>	<b>9 AM</b>	MuscleMatters	ST
9:15 AM	10:15 AM	Yoga w/ Sue	CH
4:30 PM	5:30 PM	BodyCombat	CA
5:35PM	6:05 PM	MuscleMatters	ST
5:35 PM	6:30 PM	Spin	CA
Friday			
5:15 AM	6:15 AM	RPM	CA
<b>5:45 AM</b>	<b>6:15 AM</b>	<b>CxWorx</b>	ST
7:30 AM	8:30 AM	Barre Fusion	ST/CH
<b>9 AM</b>	<b>10 AM</b>	BodyPump	ST
10:20 AM	11:20 AM	BodyFlow	CH/ST
11:30 AM	12:15 PM	YaH	ST
Saturday			
8:15 AM	9:15 AM	BodyPump	ST
9:20 AM	10:20 AM	RPM	CA
9:20 AM	10:20 AM	Zumba	CA
<b>10:30 AM</b>	<b>11:30 AM</b>	<b>Ashtanga Yoga</b>	CH
Sunday			
8:10AM	9:10 AM	Spin	CA
9:15 AM	10:15 AM	BodyFlow	CH/ST

**Ashtanga Yoga** - Ashtanga Yoga focuses on muscle training and develops physical strength. Practicing Ashtanga rejuvenates your body, making it stronger, toned, more flexible and controlled. Ashtanga yoga will keep your body moving in coordination with the breath. This sort of moving meditation and constant focus on the breath will purify and still your mind, relieve you of stress and allow you to alter patterns of unwanted behavior.

**Barre Fusion** is a cardio workout taught at the ballet barre and designed for a heart-pumping good time. This workout increases cardio vascular strength while helping tone, sculpt and lengthen muscles. All levels welcomed and included in your WFS membership.

**BODYCOMBAT**® is a Les Mills cardio class that incorporates high-energy and martial arts moves. It is non-contact program inspired from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed. Just a love to burn calories. A great antidote to the treadmill!

**BODYFLOW**® is a Les Mills class that improves mind, body and life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Strengthen your entire body and leave feeling calm, centered and happy. Improve your flexibility and increase core while reducing stress levels.

**BODYPUMP**™ is Les Mills' total body, barbell workout to get lean, toned and fit fast. Our certified instructors will methodically coach you through purposeful strength moves that will leave you feeling challenged, motivated, ready to come back for more. Most levels welcome. Ask WFS instructor for modifications.

**CXWORX**™ is the Les Mills 30-minute core training that uses your body weight, resistance tubing and weights to tighten and tone your mid-section. Exercises are designed to improve your functional strength for better mobility and injury prevention. Perfect to team up with a Spin class.

**Fiesta Fitness** Tired of getting your cardio on a treadmill? Fiesta Fitness is your answer! No dance experience necessary. Just watch and listen to the instructor move muscles that you didn't realize you have. You will sweat and move like never before and all while learning a few dance moves!

**MuscleMatters** Designed by WFS certified personal trainer, Shelby, MuscleMatters is a circuit, strength program that awakens muscles. Shelby teaches proper techniques and form for every day movements, such as balancing, squatting, lunging, lifting, rotating and pulling. Challenge your body with different modalities such as free weights, medicine balls, TRX, and kettle bells.

**RPM**™ is Les Mills' group indoor cycling workout that boosts your cardio fitness. It's fun, low impact and a great burn with music pumping through hill climbs, sprints and flat riding.

**Roll & Release** Also known as self-myofascial release and/or foam rolling, this EXP class will teach you self-massage to incorporate into your daily fitness practice. You will learn how to apply pressure to specific points to help decrease tightness, increase mobility and improve joint stability. Correct Foam Rolling leads to faster and more complete recovery.

**SmartMoves** is the fitness class for those who are "retired but not tired." It focuses on balance, flexibility and strength. Each week, Jessie R delivers fresh new moves drawing from multiple fitness styles from weightlifting, to Pilates, circuit, etc. Improve balance and increasing agility and strength in a fun, moderately-paced environment. All levels welcomed and encouraged to attend.

**Spin**, from Mad Dogg Spin, started the indoor cycling craze. With far less pressure on knees and feet than other traditional cardio, Spin places more emphasis on high intensity training, which is good for endurance and strength. Spin sets a course to great music that makes the time fly. You. Will. Sweat.

**Step**, just like walking up and down stairs, is the heart of this full-body cardio workout. Tone your butt and thighs in this exhilarating program.

**TRX** is Total Resistance exercises using special suspension equipment for a full-body strength workout.

**Vinyasa Yoga** emphasizes breath-to-movement and alignment with a harmonious blend of floor-work and standing postures to build strength, flexibility, and balance. Each class focuses on a different area of the body of movement.

**Young At Heart (YaH)** is a guided program for seniors offering strength and flexibility. The Monday and Friday classes are dedicated to strength while the Wednesday class is a chair-based Yoga.

**Yoga with Sue** is a 75-minute therapeutic yoga class for all! Improve your well-being, strength and stamina through toning, flexing, stretching and relaxation. Use your breath to dissolve tension and stress.

**Zumba** ACSM says you need 30 min of cardio five times per week. Why not get yours while having the time of your life! Zumba is a great cardio workout that also strengthens your core, improves flexibility and gives your cheeks a workout too just from smiling!

**LEGEND: CA** - Cardio | **ST** - Strength | **CH** - Stretch

**EXP** means it is a 30-minute class. Pair EXP class with cardio - like Barre EXP with Rhythm Ride!

**BOLD** - Signifies a new time or new class

*Did you know...*

**Your Membership includes access to ALL classes?!? Yes, that includes Barre, MuscleMatters, TRX and Yoga!**

**CLUB FALL HOURS**

**Mon - Thu: 5AM to 7:30PM | Fri - 5AM to 6PM**  
**Weekends: 7:30AM to 2PM**

- As a WFS member you also get a **complimentary 30-minute** session with **Emily RD**, the WFS Registered Dietician. Inquire at the Member Desk today!
- Email Shelby or Shannon, the WFS Certified Personal Trainers, for your complimentary 30-min Personal Training Consultation. *One session per member!*  
**Shelby@WFS-Spa.com | Shannon@WFS-Spa.com**