



JANUARY 2012

WENDY FIT YOGA * PILATES * PERSONAL TRAINING & WELLNESS STUDIO

13974 West Hillsborough Ave. 813 854-5400 www.wendyfit.com * Classes are Subject to Change * No Memberships

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Pilates Group Training on Equipment 8:30 – 9:30 AM <i>*Appointment Required</i>			Power Yoga 8:30 – 10:00 AM Wendy O.	Sunrise Yoga 8:30 – 9:45 AM Wendy S.
Hatha Yoga 9:30 – 10:45 AM Laurie H.	Pilates Plus 9:30 – 10:30 AM Wendy O.	Iyengar Yoga 9:30 – 11:00 AM Wendy O.	Power Yoga 9:30 – 10:45 AM Linda H. / Sara T.	Pilates Plus 9:30 – 10:30 AM Wendy O.	Core Pilates 10:15 – 11:15 AM Wilda S.	Yoga Fusion 10:00 – 11:00 AM Wilda S.
Pilates Group Training on Equipment 9:30 – 10:30 AM <i>*Appointment Required</i>	Hatha Yoga 10:45-12:00 AM Rachel D.			Hatha Yoga 10:45 – 12:00 PM Wendy O.	Pilates Group Training on Equipment 10:15 – 11:15 AM <i>*Appointment Required</i>	Tai Chi 11:00 – 12:00 PM Moe
			Pilates 3:00 – 4:00 pm Wilda S.	Nutrition Lecture 12:15 – 1:15 PM Marina P.	Hatha Yoga 11:30 – 12:30 PM Wilda S.	
Pilates Plus 4:45 – 5:45 PM Sara T.			Ballet Core 5:00- 6:00 Wendy O.		NEW Adult Ballet 12:30 – 1:30 PM Yulia S.	
Power Yoga 6:00 – 7:15 PM Wendy O.	Pilates Group Training on Equipment 6:00 – 7:00 PM <i>*Appointment Required</i>		Pilates Group Training on Equipment 6:15 – 7:15 PM <i>*Appointment Required</i>		Yoga Day Saturday, February 4 th FREE Classes from 12:30 - 4 PM!	
NEW Restorative Yoga 7:30 - 8:45 PM Lydia S.	Ashtanga Basics 6:15 – 7:30 PM Wendy S.	Hatha Yoga 6:00 – 7:15 PM Wendy O.	Yogalates 6:00- 7:15 PM Diane E.			
 <i>Wendy Fit Yoga Pilates</i>	Kettle Bell Core 7:30 – 8:30 PM Rachel D.	Yoga Basics 7:30 – 8:45 PM Wendy S.	Yoga Therapy 7:30 – 8:30 PM Wendy O. <i>*Injury Prevention & Rehab</i>			