

WILD HORSE FITNESS GROUP FITNESS SCHEDULE

Ballwin, MO ~ 920 Kehrs Mill ~ (636) 686-7494 ~ wildhorsefitness.com

RED = PREMIUM CLASS

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
	8:15-9:15am Barre Catherine		 WILD HORSE FITNESS A NEW BREED		8:00-9:00am Get Fit with HIIT Alex	
9:15-10:15am Zumba Daphne	9:15-10:15am Barre Megan	9:15-10:15am Zumba Daphne	9:15-10:15am Barre Megan	9:15-10:15am Zumba Daphne	9:15-10:15am Zumba Sam	
9:15-10:15am Barre Megan In small fitness room						 WILD HORSE FITNESS A NEW BREED
 WILD HORSE FITNESS A NEW BREED	10:30-11:30am Yoga Kristin	10:30-11:30am Yoga Kristin	10:30-11:30am Barre Catherine	10:30-11:30am Yoga Kristin		
				 WILD HORSE FITNESS A NEW BREED		
6:00-7:00pm Gentle Stretching Yoga Kristin	6:00-7:00pm Gentle Stretching Yoga Kristin	6:00-7:00pm Gentle Stretching Yoga Kristin	6:00-7:00pm Get Fit with HIIT Alex			

ALL MEMBERS AND GUESTS MUST CHECK IN AT FRONT DESK BEFORE ATTENDING ANY CLASS

All classes, instructors and times are subject to change with or without notice.

Management reserves the right to limit class size...on a first come basis for the safety and comfort of our members. *Zumba times and Zumba instructor changes start at the beginning of the new year.

Class Descriptions:

Yoga: This class is a blend of Hatha Yoga and core strengthening movement designed to burn calories, tone muscle, ensure posture alignment and generate body/mind awareness. With Thurma this is a level one/two.

Zumba: Join us for the latest in cardio fun! Unique and exciting Latin moves and rhythms help you to dance your way to a fitter you!

Gentle Stretching Yoga: This is a wonderful unisex class that goes deeper into stretching while implementing different yoga poses! Great for everyone with any level of experience!

Barre: The class that everyone is talking about! Combing elements of ballet, yoga & Pilates to increase your bodies flexibility, strength, balance and stability. This unique class has everything you need to build core strength while having a blast! Megan is certified with Barre above!

Get Fit with HIIT: This class takes you through a full body workout. It contains a rigorous interval training sequence with high intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. This is accomplished by starting with a warm up, intense stations with little rest in between, core exercises, then finishing with deep stretching. Members \$10 drop in. Non- members \$12 drop in.



CLUB HOURS
Monday – Thursday 4:30 am - 10pm
Friday 4:30am - 8pm
Saturday and Sunday 6am - 6pm

