

MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am - 7:15am SPIN Jen		6:30am - 7:15am SPIN Allie		6:30am - 7:15am SPIN Jen		
	8:30am - 9:00am PILATES express Silvina	7:30am - 8:30am PILATES Allie	8:30am - 9:00am AERO PILATES express Lisa			
	9:00am - 9:30am STRETCH express Silvina		9:00am - 9:30am YOGALATES express Lisa	8:30am - 9:30am PILATES express Silvina		
9:30am - 10:15am SPIN Tracy	9:30am - 10:30am TOTAL BODY Kim	9:30am - 10:30am YOGA Anna	9:30am - 10:30am TOTAL BODY Kim	9:00am - 9:30am STRETCH express Silvina	8:30am - 9:30am CHILSEL-IT Tracy	9:45am - 10:30am SPIN Dave
12:30pm - 1:15pm CARDIO FUSION Chelene	12:30pm - 1:15pm LEAN & TONE Kim	12:30pm - 1:15pm ZUMBA Lauretta	12:30pm - 1:15pm Step N' Sculpt Marie D.	9:30am - 10:30am ZUMBA Vanessa	10:00am - 11:00am HIIT Joan	10:15am - 11:15am ZUMBA Olga (Cynthia Beginning August 4th)
5:30pm - 6:30pm STEP N' SCULPT Shpresa	5:30pm - 6:30pm ZUMBA Blanca		5:30pm - 6:30pm ZUMBA Lauretta	12:30pm - 1:15pm SCULPT-IT Marie D.	11:00am - 12:00pm ZUMBA Lauretta	
5:45pm - 6:30pm SPIN Tracy	6:30pm - 7:15pm STEP IT UP Joan	5:30pm - 6:30pm FAT-BURNING PILATES Tracy	6:30pm - 7:15pm SPIN Leslie	5:30pm - 6:30pm YOGA Jessy		
6:30pm - 7:30pm HIIT Joan	7:15pm - 7:30pm ABS express Joan	6:30pm - 7:15pm KICK BOXING Joan	6:30pm - 7:00pm HIP, BUTT & THIGHS express Rachel	5:45pm - 6:30pm SPIN Amanda		
7:30pm - 8:30pm ZUMBA Lauretta	6:30pm - 7:30pm SPIN Amanda	7:15pm - 7:30pm ABS express Joan	7:00pm - 7:30pm ABS express Rachel	6:30pm - 6:45pm ZUMBA Gladys		
	7:30pm - 8:30pm ZUMBA Israel	6:30pm - 7:15pm SPIN Tracy	7:30pm - 8:30pm ZUMBA Liliana	6:45pm - 7:30pm ABS express Gladys		
		7:30pm - 8:30pm HIIT Finale				

EXCLUSIVE GROUP CLASSES / SCHEDULE

ADDITIONAL FEE REQUIRED - MEMBERS: \$99 UNLIMITED MONTHLY

NON-MEMBERS: \$249 UNLIMITED MONTHLY / DAILY RATE \$50

MON	TUES	WED	THURS	FRI	SAT	SUN
6:30pm - 7:30am HOT BARRE Lori	6:30pm - 7:30pm HOT BARRE FUSION Sheryl	6:30pm - 7:30am HOT WARRIOR VINYASA Jessy	5:30pm - 6:30pm HOT YOGA Saori		10:30am - 11:30am HOT YOGA Oudie 12:30pm - 1:30pm AERIAL YOGA Anna	11:00am - 10:30am HOT YOGA Jessy

UPDATED 7.16.2019

CLASS SCHEDULE SUBJECT TO
CHANGE WITHOUT NOTICE

**PERSONAL
TRAINING
PACKAGES AVAILABLE**

**CHILDCARE
HOURS**

**MON-THU 9:30a-12p
5:30p-8:30p**
**FRI 9:30a-12p
5:30p-7:30p**
SAT 8:30a-12p
SUN 9:30a-11:30a

**\$4 PER CHILD PER HOUR
\$29.95 MONTHLY**

**HOURS OF
OPERATION**

MON-THURS 6A-9P
FRIDAY 6A-8P
SATURDAY 8A-3P
SUNDAY 8A-1P

**NEW SUMMER HOURS
BEGINNING TUESDAY 5/28**



@hourglasswomenswellness

(914) 831-3800 | 33 SOUTH BROADWAY, WHITE PLAINS NY 10601
FRONTDESK@HOURGLASSWOMENSWELLNESS.COM
WWW.HOURGLASSWOMENSWELLNESS.COM