














HOURLASS Women's Wellness

Hourglass Women's Wellness
33 South Broadway | White Plains, NY 10601
(914) 831-3800
www.HourglassWomensWellness.com

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6:30-7:15 AM SPINNING  <u>JEN</u>		6:30-7:15 AM SPINNING  <u>BRIDGETTE</u>	8:30-9:30 AM STRETCH/ PILATES x20 <u>LISA AVELLINO</u>	6:30-7:15 AM SPINNING  <u>JEN</u>	ASK ABOUT AERIAL YOGA! 	9:30-10:15 AM SPINNING  <u>DAVE C.</u>
	9:30-10:30 AM TOTAL BODY <u>KIM</u>		9:30-10:30 AM TOTAL BODY <u>KIM</u>		10:00-11:00 AM LEAN & TONE <u>JOAN</u>	10:00-11:00 AM ZUMBA! <u>CYNTHIA</u>
12:30-1:15 PM CARDIO FUSION <u>CHELENE</u>	12:30-1:15 PM ZUMBA! <u>LAURETTA</u>	12:30-1:15 PM KETTLEBELL FUSION <u>CHELENE</u>	12:30-1:15 PM STEP N' SCULPT <u>MARIE D.</u>	12:30-1:15 PM BOOT CAMP <u>MARIE D.</u>	11:00-12:00 PM ZUMBA! <u>LAURETTA</u>	FEATURES: - Pilates - Child Care - Hot Yoga - Nutritionist - Spinning - Kids Classes - Showers - Lockers - Medical Spa
5:30-6:30 PM STEP N' SCULPT <i>Shpresa</i>	5:30-6:30 PM ZUMBA! <u>BLANCA</u>	5:30-6:30 PM BOOT CAMP <u>FINALE</u>	5:30-6:30 PM ZUMBA! <u>LAURETTA</u>	5:30-6:30 PM YOGA <u>JESSY</u>	11:15-12:00 PM SPINNING  <u>RACHEL</u>	
5:45-6:30 PM SPINNING  <u>LESLIE</u>		5:45-6:30 PM SPINNING  <u>NANCY</u>		5:45-6:30 PM SPINNING  <u>LESLIE</u>	HOURS MON-THUR. 6 AM – 10 PM FRI. 6 AM – 8 PM SAT. 8 AM – 5 PM SUN. 9 AM – 3 PM CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE. * = Additional Fee Required ** = MASTER TRAINER	
6:30-7:30 PM LEAN & TONE <u>JOAN</u>	6:30-7:30 PM STEP-IT-UP <u>JOAN</u>	6:30-7:30 PM Kick Boxing & Kickin' Abs <u>JOAN</u>	6:30-7:30 PM BELLY, BUTT, & THIGHS <u>RACHEL</u>	6:30-7:30 PM ZUMBA! <u>LESLIE</u>	Hourglass Women's Wellness  WE HAVE TRX! 	
6:30-7:15 PM SPINNING  <u>LESLIE</u>	6:30-7:15 PM SPINNING  <u>AMANDA</u>	6:30-7:15 PM SPINNING  <u>NANCY</u>	6:30-7:15 PM SPINNING  <u>BRIDGETTE</u>	 PERSONAL TRAINING AVAILABLE TO FIT ANY SCHEDULE!		
7:30-8:30 PM ZUMBA! <u>LAURETTA</u>	7:30-8:30 PM ZUMBA! <u>ISRAEL</u>	7:30-8:30 PM ZUMBA! <u>BLANCA</u>	7:30-8:30 PM ZUMBA! <u>LISA CANNING</u>			

Class Descriptions

- **STEP IT UP:**
A high intensity class featuring an adjustable step and varying music to increase difficulty.
- **HIIT:**
A total body sculpting workout utilizing lightweights, bands, and weight body bars. Focuses on increasing strength and muscle tone.
- **STEP N' SCULPT:**
Combination of high-low cardio and step including body sculpting moves using various apparatuses. (i.e. steps, free weights, bands, or body bars).
- **KICK BOXING & KICKIN' ABS:**
A high-energy, high impact, class blending kicks, punches and body sculpting moves to upbeat music.
- **BELLY, BUTT, & THIGHS:**
A class geared toward getting you the washboard abs you've always wanted together with a tight, sculpted, backside.
- **BOOT CAMP:**
A total body workout using weights, bands, balls, body bars etc. to help you burn fat all over even while your body is at rest!
- **CARDIO FUSION:**
This workout will seriously tone your legs, arms, abdominals, and buttocks. Target those "trouble areas" by using your body in new ways to gain strength and definition.
- **KETTLEBELL FUSION:**
Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization. There is no such thing as isolated muscle work in kettlebell training.
- **ZUMBA!®:**
A fitness class that is done with Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. With Zumba!® you will work out, love working out, and get hooked. Add some Latin flavor and international zest into the mix and you've got Zumba!®
- **YOGA:**
This class utilizes poses in flowing transition with a focus on core strength, cardiovascular fitness, flexibility, and an overall sense of well-being. It will build upon basic yoga poses to target specific muscle groups while maintaining safe alignment to reduce the risk of injury. This class builds strength and balance physically AND mentally, and leaves you feeling energized.