



# HOURGLASS Women's Wellness



## CLASS SCHEDULE

STARTING: MONDAY, DEC. 11, 2023

|             |   |   |                                     |   |  |  |
|-------------|---|---|-------------------------------------|---|--|--|
| M<br>O<br>N |   | 9:30 AM<br>PILATES &<br>STRETCH<br>MARIE D. | 5:45 PM<br>ZUMBA<br>KOKY            |   | 7:00 PM<br>CORE & MORE<br>SAM  | 7:00 PM*<br>HOT YOGA<br>[60 MINS]            |
|             | 6:00 AM*<br>HOT YOGA<br>[60 MINS]           | 9:30 AM<br>CARDIO SCULPT<br>MARIE D.        | 5:30 PM<br>STEP & SCULPT<br>SHPRESA | 6:30 PM<br>CYCLE<br>DAVE                  | 6:45 PM<br>ZUMBA<br>KOKY   |  |
|             | ASK ABOUT<br>PERSONAL<br>TRAINING!          | 9:30 AM<br>CARDIO HIIT<br>BOOTCAMP<br>KOKY  | 6:00 PM<br>ZUMBA<br>BRIGGIT         | 6:30 PM<br>CYCLE<br>KARIN                 | 7:00 PM<br>CARDIO HIIT<br>BOOTCAMP<br>KOKY   | 7:00 PM*<br>HOT YOGA<br>[60 MINS]            |
|             | 6:00 AM*<br>HOT YOGA<br>[60 MINS]           | 9:30 AM<br>CYCLE<br>MARIE D.                | 5:30 PM<br>ZUMBA<br>KOKY            | 6:30 PM<br>CYCLE<br>DAVE                  | 6:45 PM<br>BODY SHRED<br>BOOT CAMP<br>SAM  | PRIVATE<br>REFORMER<br>PILATES<br>AVAILABLE! |
|             | *10:30AM<br>SHiNE Dance<br>Fitness<br>KATHY | 9:30 AM<br>PILATES<br>SILVINA               | 12:30 PM<br>ZUMBA<br>KOKY           | *5:00 PM<br>SHiNE Dance<br>Fitness<br>KIM | 6:00 PM<br>YOGA<br>JESSY   |  |
| S<br>A<br>T | *9:00 AM<br>SHiNE Dance<br>Fitness<br>KATHY | 10:00 AM<br>HIIT<br>SAM                     | 11:00 AM<br>ZUMBA<br>KOKY           | 12:00 PM*<br>HOT<br>PILATES<br>[60 MINS]  | <b>GYM AMENITIES:</b> <ul style="list-style-type: none"> <li>• STRENGTH &amp; CARDIO EQUIPMENT</li> <li>• LOCKERS / SHOWERS</li> <li>• INFRARED SAUNAS</li> <li>• CYCLING STUDIO</li> <li>• GROUP EXERCISE STUDIO</li> <li>• SPA SERVICES</li> </ul> |  |
| S<br>U<br>N | *9:00 AM<br>SHiNE Dance<br>Fitness<br>KATHY | 10:00 AM<br>YOGA<br>JESSY                   |                                     | INFRARED<br>SAUNAS<br>                    |  |  |

### HOURS OF OPERATION

MON - THURS 7 AM-9 PM  
FRI 7 AM-8 PM  
SAT 8 AM-1 PM  
SUN 9 AM-1 PM

33 SOUTH BROADWAY  
WHITE PLAINS, NY 10601  
(914) 831-3800

### CHILD CARE HOURS

MON-FRI 9:30A-11:30A  
MON-THURS 5:30P-8:00P  
SAT 10:00A-12:00P

[HourglassWomensWellness.com](http://HourglassWomensWellness.com)



### PLEASE NOTE:

SHiNE ,

**HOT YOGA /  
HOT PILATES,**  
&  
reformer PILATES  
SESSION  
= **ADDITIONAL FEE**

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# CLASS DESCRIPTIONS

## SHINE

SHINE DANCE FITNESS™ BRINGS ORIGINAL ROUTINES TO LIFE USING HIT MUSIC AND CHOREOGRAPHY FOR ALL ABILITIES. ROOTED IN JAZZ, BALLET, AND HIP-HOP, THIS WORKOUT GIVES YOU A CREATIVE OUTLET TO ESCAPE FROM DAILY STRESS. EACH CLASS INCLUDES THE PERFECT BALANCE OF HIGH CARDIO AND TONING TO ENSURE YOU RECEIVE A FULL-BODY WORKOUT WITH REAL RESULTS. SHINE IS A MOOD-LIFTING EXPERIENCE THAT LEAVE YOU FEELING CAPABLE, CONFIDENT, AND CONNECTED TO SUPPORTIVE A COMMUNITY.

## PILATES | HOT PILATES

A SERIES OF EXERCISES FROM WITHIN THE PILATES METHOD DESIGNED SPECIFICALLY TO BE PERFORMED ON A MAT. THESE LOW-IMPACT EXERCISES AIM TO LENGTHEN MUSCLES AND INCREASE CORE STRENGTH AS WELL AS MOBILITY.

## HIIT | CARDIO HIIT

A TOTAL BODY SCULPTING WORKOUT UTILIZING LIGHTWEIGHTS, BANDS, AND BODY BARS. FOCUSES ON INCREASING STRENGTH AND MUSCLE TONE.

## CARDIOSCULPT | TOTALBODY

COMBINATION OF HIGH-LOW CARDIO AND STEP INCLUDING BODY SCULPTING MOVES USING VARIOUS APPARATUSES. (I.E. STEPS, FREE WEIGHTS, BANDS, OR BODY BARS.)

## 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 A WAY. WITH ZUMBA! YOU WILL WORK OUT , AND LOVE WORKING OUT , AND GET HOOKED . ADD SOME LATIN FLAVOR AND INTERNATIONAL ZEST INTO THE MIX AND YOU 'VE GOT Z U M B A !

## YOGA | HOTYOGA

THIS CLASS UTILIZE POSES IN FLOWING TRANSITION WITH A FOCUS ON CORE STRENGTH , CARDIO VASCULAR FITNESS , FLEXIBILITY , AND AN OVERALL SENSE OF WELL - BEING . IT WILL BUILD ON BASIC YOGA POSES TO TARGET SPECIFIC MUSCLE GROUP WHILE MAINTAINING SAFE ALIGNMENT TO REDUCE THE RISK OF INJURY . THIS CLASS BUILDS STRENGTH AND BALANCE PHYSICAL & MENTALLY , AND LEAVES YOU FEELING ENERGIZED . HOT YOGA IS A FORM OF YOGA AS EXERCISE PERFORMED IN OUR INFERRED HOT SAUNA STUDIO , RESULTING IN CONSIDERABLE SWEATING.

## BOOT CAMP

A TOTAL BODY WORKOUT USING WEIGHTS, BANDS, BALLS, BODY BARS TO HELP BURN FAT ALL OVER EVEN WHILE YOUR BODY IS AT REST !