

# HOURGLASS

## Women's Wellness

STARTING JUNE 28TH, 2021

MAIN STUDIO & CYCLE STUDIO  
 33 S BROADWAY,  
 WHITE PLAINS, NY, 10601  
 CONTACT US AT (914)831-3800

MON	TUES	WED	THURS	FRI	SAT	SUN
<p>10:00AM PILATES- W/ SILVINA</p> <p>10:30AM STRETCH EXPRESS- W/ SILVINA</p> <p>5:45PM ZUMBA- W/ GUSTAVO</p> <p>6:30PM SPIN W/ DAVE</p> <p>6:45PM LEAN &amp; TONE W/ MARIA</p>	<p>*8:30AM YOGA CARDIO SCULPT</p> <p>*9:30AM BARRE &amp; PILATES FUSION</p> <p>*12:00PM HOT MAMA LATERAL INTERVAL</p> <p>5:30PM CARDIO SCULPT W/ SHPRESA</p> <p>6:45PM ZUMBA W/ OLGA</p>	<p>*8:30AM REVOLUTION SPIN</p> <p>9:30AM PILATES W/ SILVINA</p> <p>10:00AM STRETCH EXPRESS W/ SILVINA</p> <p>5:45PM ZUMBA W/ GUSTAVO</p> <p>6:30PM SPIN W/ DAVE</p> <p>6:45PM ZUMBA W/ OLGA</p>	<p>*8:30AM XTREME CARDIO BURNER</p> <p>*9:30AM HIIT</p> <p>*12:00PM TOTAL BODY</p> <p>5:30PM ZUMBA W/ LAURETTA</p> <p>*7:00 FULL BODY SCULPT</p>	<p>9:30 AM PILATES- W/ SILVINA</p> <p>10:00AM STRETCH EXPRESS W/ SILVINA</p> <p>*12:00PM PILATES AB WORKOUT</p> <p>*5:30PM XTREME WORKOUT HIIT</p> <p>*5:45 CARDIO BURN</p> <p>6:00PM YOGA W/ JESSY</p>	<p>*9:15AM KILLER CARDIO KICK BOXING</p> <p>10:00AM TOTAL BODY W/ MARIA S.</p> <p>*12:00 KICKBOXI NG 1 JILLIAN MICHAELS</p>	<p>*9:45AM REVOLUTION SPIN</p> <p>10:00AM YOGA W/ JESSY</p> <p>*12:00PM RIPPED CORE BODY SHRED</p> <p>PLEASE NOTE THAT * = ON DEMAND</p>

### HOURS OF OPERATION

MON, WED, FRI 7AM -8PM  
 TUES & THURS 8AM-8PM  
 SAT & SUN 9AM-1PM

**\*PLEASE FEEL FREE TO USE THE STRENGTH/ CARDIO  
 EQUIPMENT AND VIRTUAL CLASSES AT ANY TIME\***

# CLASS DESCRIPTIONS

## PILATES

A series of exercises from within the pilates method designed specifically to be performed on a mat.

## HIIT

A total body sculpting workout utilizing lightweights, bands, and weight body bars. Focuses on increasing strength and muscle tone.

## CARDIO SCULPT/ TOTAL BODY

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 away. 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 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.

## LEAN & TONE

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 using Kettlebells. Boost your metabolism with the Tabatas and with ABs as the Finale!!

## BOOTCAMP

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!