



3317 Rt. 31 * Acme WISTWINDSCHOOL.COM 724-396-6162

FALL/WINTER 2021 SCHEDULE

Cardio Kickboxing: 60 minute class

Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Fusion: 60 minute class

Fusion is a perfect blend of Cardio, Strength and Flexibility. Get the benefits of a cardio workout combined with strength training and flexibility training in one perfect group fitness class. This class will use bands, balls, straps and other equipment to aid in strength training and flexibility.

Body Sculpt: 45 minute class

Body Sculpt is a non-aerobic, muscle toning class. This class will focus on toning large muscle groups including the core, glutes and legs, arms, chest and back. This class will use bands, balls, straps and mats for floor work. This is the only Thursday class that is not considered a cardio class.

New!! Cardio Step: 60 minute class

Cardio Step is your classic step aerobics class! You will step up, around, and down from the platform in different patterns to boost your heart rate and breathing and strengthen your leg and glute muscles in the process! Fitness at Wistwind has **ALL NEW STEPS** for this class!! You're going to love this new addition to our fitness program!

Vinyasa Flow Yoga: 60 minute class

An all-levels flow class. Move through a series of yoga poses with ease and breath awareness. Make it as strong, or as gentle as you want. Stretch, tone and reduce stress.

Senior Fit: 60 minute class

Have fun and move to the music you love through a variety of low impact exercises designed to increase muscular strength, range of movement, flexibility, balance and activity for daily living skills! Come have fun with your friends in a social environment with tremendous physical benefits!

Remember to reserve a spot in class!
Class size is limited to 10 you must
sign up on the white board OR call/text
Kara 724-396-6162