



CLASS SCHEDULE

Classes are 55 minutes unless otherwise noted

MONDAY

6:15 am | Upper Body | Studio
9:15 am | Total Body | Studio
10:30 am | Total Body | Zoom
4:15 pm | Total Body Conditioning | Studio
5:30 pm | HIIT | Studio
6:30 pm | Total Body | Studio

TUESDAY

5:15 am | Bodyweight Bada\$\$ | Studio (45 min)
6:15 am | 20- 20- 20 | Hybrid (45 minutes)
9:30 am | Total Body | Studio
12 pm | Pilates | Studio
4:15 pm | Vinyasa Yoga | Stony Hill Kitchen Deck
5:15 pm | Interval Training/HIIT Circuit | Studio

WEDNESDAY

6:15 am | Upper Body + Ab Upgrade | Studio
9:15 am | Total Body | Studio
10:30 am | Total Body | Zoom
4:15 pm | Mobility, Strength, Core | Studio
5:30 pm | Kettlebell | Studio
6:30 pm | Total Body | Studio

THURSDAY

5:15 am | Bodyweight Bada\$\$ | Studio (45 min)
6 am | Running Club | Studio
9:30 am | Total Body | Studio
12 pm | Pilates | Studio
5:15 pm | Interval Training | Studio
6:15 pm | Total Body Circuit | Studio (45 min)

FRIDAY

5:15 a.m | Bada\$\$ Bootcamp | Studio (45 min)
6:15 am | Lower Body | Studio
7:15 am | Lower Body | Zoom
9:15 am | HIIT | Studio
10:30 am | Total Body | Zoom

SATURDAY

8 am | Total Body Circuit | Studio
9:30 am | Total Body | Hybrid

SUNDAY

8 am | Pilates Sculpt | Stony Hill Kitchen Deck or Studio
9:15 am | HIIT & Bodyweight | Studio
10:30 am | Total Body | Zoom

Please pre-register for classes at www.spirefittraining.com/book-online.

Colleen B Wiechnik, Certified Personal Trainer

79 S Main St, Yardley | 610-348-1118 | Colleen@SpireFitTraining.com

www.SpireFitTraining.com |  SpireFitness_Colleen |  SpireFit

