








CLASS SCHEDULE

 Indicates Speciality class
Studio classes limited to 8 participants
Classes are 55 minutes unless otherwise noted


MONDAY

6:15 am | Upper Body | Studio
8:25 am | Total Body | Studio
9:30 am | Total Body | Studio & Zoom
 12 pm | *Intro to Kettlebells (Jeff)* | Studio
4:15 pm | Total Body | Studio
5:30 pm | HIIT | Studio
6:30 pm | Total Body | Studio



TUESDAY

6:15 am | 20- 20- 20 | Studio & Zoom (45 min)
8:25 am | Pilates | Studio
 9:30 am | *Boxing Bootcamp (Sandy)* | Studio
5:15 pm | Total Body | Studio
 6:15 pm | *Pound (Tami)* | Studio
 7:15 pm | Yoga | Studio

WEDNESDAY

5 am | Total Body (Tami) | Studio
6:15 am | Upper Body + Abs | Studio
8:25 am | Total Body | Studio & Virtual
 9:30 am | *Surge 20-20-20* | *Surge 20-20-20 (Andrew)* | Studio
4:15 pm | Tabata & Core | Studio
5:30 pm | Total Body | Studio
6:30 pm | HIIT | Studio


THURSDAY

6:15 am | 20-20-20 | Studio & Virtual (45 min)
8:25 am | Total Body | Studio
 9:30 am | *Yoga (Cass)* | Studio
 12 pm | *Pilates (Andrea)* | Studio
5:30 pm | HIIT | Studio

FRIDAY

6:15 am | Lower Body | Studio
8:25 am | Total Body | Studio
9:30 am | Total Body | Studio & Zoom
12:15 pm | Total Body (Adele) | Studio

SATURDAY

8 am | Total Body | Studio
 9:30 am | *Surge 20-20-20 (Andrew)* | Studio
11:30 am | Total Body | Studio & Zoom

SUNDAY

 8 am | *Barre (Regina)* | Studio
9:15 am | HIIT & Bodyweight | Studio & Zoom

Colleen B Wiechnik, Certified Personal Trainer
79 S Main St, Yardley | 610-348-1118
Colleen@SpireFitTraining.com


Spire
Fitness. no excuses.
www.spirefittraining.com