



CLASS SCHEDULE

Classes are 55 minutes unless otherwise noted

MONDAY

6:15 am | Upper Body | Studio
7:15 am | Lower Body | Zoom
9:15 am | Total Body | Studio
10:30 am | Total Body | Zoom
5:30 pm | HIIT. | Studio
6:30 pm | Pound | HYBRID

TUESDAY

5 am | Bodyweight Bada\$\$ | Studio
6:15 am | 20- 20- 20 | Zoom
8:15 am | 20- 20- 20 | Studio
9:30 am | Mommy & Me | Macclesfield Park
12 pm | Pilates | Studio
4 pm | Youth Intro to Weightlifting | Studio
5:15 pm | Interval Training/HIIT Circuit | Studio
6:45 pm | Yoga | Studio

WEDNESDAY

6:15 am | Upper Body + Ab Upgrade | Studio
7:15 am | Lower Body | Zoom
9:15 am | HIIT | Studio (30 min)
10:30 am | Total Body | Zoom
4:15 p.m. | Yoga | Stony Hill Kitchen deck
(790 Township Line, Yardley)
5:30 pm | Kettlebell | Studio
6:30 pm | Total Body | Studio

THURSDAY

5 am | Bodyweight Bada\$\$ | Studio
6:15 am | 20- 20-20 | Zoom
8:15 am | Total Body | Studio
9:30 am | Total Body | Studio
9:30 am | Mommy & Me | Macclesfield Park
12 pm | Pilates | Studio
4 pm | Youth Intro to Weightlifting | Studio
5:30 pm | Interval Training | Studio
6:30 pm | Total Body Circuit | Studio
7:30 p.m. | Intro to Weightlifting | Studio

FRIDAY

5 a.m. Bada\$\$ Bootcamp
6:15 am | Lower Body | Studio
7:15 am | Lower Body | Zoom
9:15 am | HIIT | Studio
10:30 am | Total Body | Zoom
2:30 pm | Upper Body + Ab Upgrade | Studio

SATURDAY

8 am | Total Body Circuit | Studio
9:30 am | Total Body | Zoom
10:30 am | Total Body | Studio
1 pm | Yoga | Studio

SUNDAY

8 am | Pilates Sculpt | Studio
9:15 am | HIIT & Bodyweight | Studio
10:30 am | Total Body | Zoom

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