



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLS FARGO WELLNESS

March 2012

Facility Hours: Monday-Friday, 6:00 am-7:30 pm

Class Descriptions

Zumba – A fusion of Latin and Hip Hop dance styles. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Total Body Sculpt – This class is designed to achieve muscular strength and endurance while increasing lean muscle mass through resistance training and cardiovascular training.

Yoga – This class will focus on breathing to relax and relieve stress. Stretching of different muscle groups will improve flexibility.

Yoga II – This class focuses mainly on intermediate level yoga poses. Basic knowledge of yoga is encouraged.

Yogalates – Get the best of Yoga and Pilates in one class.

Ab Assault – Think boot camp for Abs!!! Ab strengthening exercises with intervals of heart thumpin' cardio. Strengthen your core and blast fat to show off a sleek, sculpted midsection.

Legs N' Lungs – Hit the ground for this intense lower body workout that uses a million different positions and exercises to target muscles you didn't even know you had.

Upper Body Sculpt – Designed to achieve muscular strength and endurance while increasing lean muscle mass from the waist up.

Butts, Guts, and more – Everything you need from the waist down! A high intensity combination of cardio and lower body sculpt designed in a way to make you have fun while working out.

Core and more – Strength and sculpt from the core up! A class designed to achieve muscular strength and definition in the upper body and core while creating lean muscles and increased muscle endurance.

Body Blast – Total body fun as you work different muscle groups all over the body. A high intensity class targeting major muscle groups, designed to achieve total body toning and muscular definition.

Personal Training Rates & Packages

Members:	Potential Members:
(1) Hour Session \$45	\$65
(4) One Hour Session \$175	\$255
(8) One Hour Sessions \$345	\$505
(12) One Hour Sessions \$500	\$720
	\$45
(1) Half Hour Session \$35	\$175
(4) Half Hour Sessions \$135	\$345
(8) Half Hour Sessions \$265	\$580
(12) Half Hour Sessions \$390	
(1) Hour Group (2-4 Members) \$30/ea	
(4) Group Sessions \$115/ea	
(8) Group Sessions \$225/ea	
(12) Group Sessions \$330/ea	

WELLS FARFO EXPRESS YMCA

100 N Main Street, Winston-Salem NC 27101

P 336 725 9342 F 336 721 2106 www.wgwhiteymca.org

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."



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March 2012 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			1 12:15 –Core and More Robin 5:15 – Yoga Lydia	2 12:15 – Body Blast Robin
5 12:15 – Legs N’ Lungs Joe 1:05 – Yoga II Julia 5:30 – Ab Assault Joe	6 12:15 – Upper Body Sculpt Joe 5:15 – Yogalates Lydia	7 12:15 – Butts, Guts, & more Robin 1:10 – Zumba Carlotta	8 12:15 –Core and More Robin 5:15 – Yoga Lydia	9 12:15 – Body Blast Robin
12 12:15 – Legs N’ Lungs Joe 1:05 – Yoga II Julia 5:30 – Ab Assault Joe	13 12:15 – Upper Body Sculpt Joe 5:15 – Yogalates Lydia	14 12:15 – Butts, Guts, & more Robin 1:10 – Zumba Carlotta	15 12:15 –Core and More Robin 5:15 – Yoga Lydia	16 12:15 – Body Blast Robin
19 12:15 – Legs N’ Lungs Joe 1:05 – Yoga II Julia 5:30 – Ab Assault Joe	20 12:15 – Upper Body Sculpt Joe 5:15 – Yogalates Lydia	21 12:15 –Butts, Guts, & more Robin 1:10 – Zumba Carlotta	22 12:15 –Core and More Robin 5:15 – Yoga Lydia	23 12:15 – Body Blast Robin
26 12:15 – Legs N’ Lungs Joe 1:05 – Yoga II Julia 5:30 – Ab Assault Joe	27 12:15 – Upper Body Sculpt Joe 5:15 – Yogalates Lydia	28 12:15 –Butts, Guts, & more Robin 1:10 – Zumba Carlotta	29 12:15 –Core and More Robin 5:15 – Yoga Lydia	30 12:15 – Body Blast Robin

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