

# WILD YAMZ FITNESS CENTER

917 Hempstead Turnpike  
Rear Entrance  
Franklin Square, NY 11010  
516-358-8102  
www.wildyamz.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:30-9:30am</b> Spin Abs & Balance Donna	<b>*Check for 5am</b> classes Team Cindy Joy	<b>8:30-9:30am</b> Abs & Balance Donna	<b>*Check for 5am</b> classes Team Cindy Joy	<b>9:00-10:00</b> Spin & Weights Maryann	<b>7:00-8:00am</b> <b>8:15-9:15am</b> Spin Team Cindy Joy	<b>9:00-10:30</b> Spin & Abs Angela Maryann
<b>PT SESSIONS</b>	<b>PT SESSIONS</b>	<b>PT SESSIONS</b>	<b>PT SESSIONS</b>	<b>PT SESSIONS</b>	<b>PT SESSIONS</b>	
Available 2:00-5:30pm	Available 8am-5:00pm	Available 2:00pm-5:00pm	Available 8:00am-7:00pm	Available 2:00pm-6:30pm	Available 11:00am- 4:00pm	*Ask About Our
<b>6:30-7:15pm</b> Spin Maryann	<b>6:45-7:30pm</b> Michelle 7:30-8:30pm	<b>6:45-7:30 pm</b> Weight Training Maryann	<b>7:00-8:00pm</b> Zumba Gloria	<b>Check Times</b> Special Events 2 Hour		Outdoor Training Classes Team Cindy Joy
<b>7:15-8:15pm</b> Zumba Gloria	Spin Team Cindy Joy		<b>8:00-9:00pm</b> Spin Team Cindy Joy	Yoga Nidra Check Dates Roseanna		

## WILD YAMZ Class Description

**Cardo Blast** - A high intensity, low impact cardiovascular station workout followed by muscle conditioning. An excellent calorie burning session for all fitness levels. All are welcome.

**Spin** - A 40 minute cycling class to music and lights that simulates mountain biking. You control the intensity. An excellent calorie burning session for all fitness levels.

**Boot Camp Spin** - Interval Cycling, kick boxing and weight training.

**Yoga** - A class designed to strengthen your muscles and increase flexibility (no impact on your joints)

**Restorative Yoga** - Restorative yoga is a delicious surrender into quiet, supported postures on bolsters and blankets. The poses help relieve the effects of chronic stress. The use of props provides a completely supportive environment for total relaxation.

**Intro Spin** - An introduction class for all new riders. Proper bike set up and safety.

**Open Circuit** - Circuit /equipment will be available for our members to use at your own convenience. All fitness levels welcome.

**Zumba** - A dance-based Zumba aerobics program that aims to make exercise fun with upbeat music, a positive environment and fairly simple movements that beginners can pick up on right away.

**INQUIRE ABOUT OUR INDIVIDUALLY DESIGNED PERSONAL TRAINING PROGRAMS!!!!**

- > Bring separate aerobic sneakers for your workout. No street shoes permitted on aerobic floor.
- > Please bring a towel for sanitary purposes.

*Specially designed stereo & lighting system  
Come check out our Unique Atmosphere  
Some of our classes incorporate relaxation and aromatherapy*