












# HOURGLASS Women's Wellness

## CLASS SCHEDULE

<b>M</b> <b>O</b> <b>N</b>	9:30 AM PILATES & STRETCH MARIE D.	5:45 PM ZUMBA KOKY	<b>6:00 PM*</b> <b>HOT MAT PILATES NINA</b>	6:30 PM CYCLE KARIN	7:00 PM STRENGTH KENDAL	<b>7:00 PM*</b> <b>HOT YOGA KATTY</b>
<b>T</b> <b>U</b> <b>E</b>	 9:30 AM CARDIO SCULPT MARIE D.	9:30 AM CARDIO SCULPT MARIE D.	5:30 PM STEP & SUPER SCULPT SHPRESA	6:30 PM CYCLE MICHELLE		6:45 PM ZUMBA KOKY
<b>W</b> <b>E</b> <b>D</b>	 9:30 AM HIIT BOOTCAMP KOKY	9:30 AM HIIT BOOTCAMP KOKY	6:00 PM POWER PILATES NINA		7:00 PM HIIT BOOTCAMP KOKY	<b>7:00 PM*</b> <b>HOT YOGA KATTY</b>
<b>T</b> <b>H</b> <b>U</b>	 9:30 AM KICK BOXING/ SCULPT MARIE D.	9:30 AM KICK BOXING/ SCULPT MARIE D.	5:30 PM ZUMBA KOKY	6:30 PM CYCLE KENDAL	<b>6:30PM*</b> <b>HOT BARRE/YOGA JOYA</b>	6:45 PM BODY SHRED BOOT CAMP ENILDA
<b>F</b> <b>R</b> <b>I</b>	<b>*10:30AM</b> SHiNE Dance Fitness KATHY	9:30 AM POWER PILATES ANNA	12:30 PM ZUMBA KOKY	6:00 PM YOGA JESSY	6:30PM POWER PILATES ALICIA	
<b>S</b> <b>A</b> <b>T</b>	<b>*9:00 AM</b> SHiNE Dance Fitness KATHY	10:00 AM HIIT ENILDA	11:00 AM ZUMBA KOKY		<b>GYM AMENITIES:</b>	
<b>S</b> <b>U</b> <b>N</b>	<b>*9:00 AM</b> SHiNE Dance Fitness KATHY	10:00 AM YOGA JESSY		<b>SAUNAS</b> 	<ul style="list-style-type: none"> <li>• STRENGTH &amp; CARDIO EQUIPMENT</li> <li>• LOCKERS / SHOWERS</li> <li>• 2 SAUNAS</li> <li>• CYCLING STUDIO</li> <li>• GROUP EXERCISE STUDIO</li> <li>• SPA SERVICES</li> <li>• CHILDCARE AVAILABLE</li> </ul>	

### HOURS OF OPERATION

MON - THURS 7 AM-9 PM  
 FRI 7 AM-8 PM  
 SAT 8 AM-1 PM  
 SUN 9 AM-1 PM

33 SOUTH BROADWAY  
 WHITE PLAINS, NY 10601  
 (914) 831-3800

### CHILD CARE HOURS

MON-FRI 9:30A-11:30A  
 MON-THURS 5:30P-8:00P  
 SAT 10:00A-12:00P

[HourglassWomensWellness.com](http://HourglassWomensWellness.com)



### PLEASE NOTE:

**SHiNE ,  
 HOT YOGA,  
 HOT MAT PILATES,  
 HOT BARRE/YOGA  
 REFORMER PILATES  
 = ADDITIONAL FEE**

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# CLASS DESCRIPTION

## SHINE FITNESS DANCE™

FORGET THE STRESS AND FIND YOUR RHYTHM! THIS JAZZ AND HIP-HOP INSPIRED DANCE PARTY BALANCES HIGH CARDIO WITH SERIOUS TONING FOR REAL RESULTS AND A MAJOR CONFIDENCE BOOST.

## ZUMBA

TURN YOUR WORKOUT INTO A FIESTA! DITCH THE "WORK" AND GET HOOKED ON LATIN RHYTHMS AND INTERNATIONAL FLAVOR THAT WILL LEAVE YOU ENERGIZED AND SWEATING.

## STRENGTH

BUILD A BODY THAT WORKS AS GOOD AS IT LOOKS. THIS FULL-BODY SESSION FOCUSES ON FUNCTIONAL MOVEMENTS AND EXPLOSIVE STRENGTH TO HELP YOU MOVE BETTER AND LIFT HEAVIER IN EVERYDAY LIFE.

## HIIT

FAST-PACED AND HIGH-IMPACT! SCULPT YOUR ENTIRE PHYSIQUE USING LIGHT WEIGHTS, BANDS, AND BODY BARS FOR MAXIMUM MUSCLE TONE.

## BOOT CAMP

THE ULTIMATE FAT-BURNER THAT KEEPS WORKING EVEN AFTER YOU LEAVE! USE WEIGHTS, BALLS, AND BANDS TO INCINERATE CALORIES AND BUILD TOTAL-BODY POWER.

## STEP & SCULPT

LEVEL UP YOUR FITNESS WITH THE PERFECT MIX OF STEP AEROBICS AND HAND WEIGHTS. TARGET EVERY MAJOR MUSCLE GROUP FOR A COMPLETE, FULL-BODY TRANSFORMATION.

## PILATES | HOT PILATES

LOW-IMPACT, HIGH-INTENSITY HOT MAT PILATES IN OUR HOT STUDIO FOR DEEP AND DETOXIFYING SWEAT. HIGH-INTENSITY MAT WORK DESIGNED TO LENGTHEN YOUR MUSCLES AND BULLETPROOF YOUR CORE.

## YOGA

FIND YOUR FLOW AND YOUR FOCUS. WE USE BASIC AND ADVANCED POSES TO BUILD MENTAL BALANCE AND PHYSICAL STABILITY.

## HOT YOGA

EXPERIENCE A DYNAMIC, FLOWING TRANSITION OF POSES FOCUSING ON CORE STRENGTH, FLEXIBILITY AND OVERALL SENSE OF WELL-BEING IN OUR HOT STUDIO, HEATED TO A PERFECT 85-95F. THIS VINYASA FLOW, WILL LEAVE YOU FEELING RELAXED AND ENERGIZED.

## HOT BARRE/YOGA

THE ULTIMATE FUSION OF GRACE AND GRIT. THIS CLASS BLENDS THE PRECISION OF BARRE WITH ATHLETIC FLOW OF VINYASA, ALL SET IN A HOT STUDIO TO DEEPEN YOUR STRETCH AND MAXIMIZE YOUR DETOX.

## CYCLE

A HIGH ENERGY INDOOR CYCLING CLASS THAT BOOSTS CARDIO, BURNS CALORIES, AND STRENGTHENS YOUR LEGS ALL IN A FUN, MOTIVATING ATMOSPHERE

## KICKBOXING/SCULPT

THIS HIGH ENERGY FUSION CLASS COMBINES THE PRECISION OF MUSCLE SCULPTING FOR A TOTAL-BODY TRANSFORMATION. WE FOCUS ON HIGH REPETITIONS TO TONE THE ARMS, LEAN OUT THE LEGS, AND TIGHTEN THE CORE.