

SUMMER BODIES ARE MADE IN the winter

WINTER ZOOM CLASSES

MONDAY

6:30 am - Upper Body
10:30 am - Total Body Conditioning
4:00 pm - Total Body Conditioning

TUESDAY

12:00 PM - Total Body Conditioning
4:00 pm - Total Body Conditioning

WEDNESDAY

6:45 am - Upper Body
9:30 am* - Total Body Conditioning
10:30 am - Total Body Conditioning

THURSDAY

12:00 PM - Total Body Conditioning
5:00 pm* - Interval Training
(Low Intensity)
7:45 pm - 20-20-20

FRIDAY

6:30 am - Upper Body
9:30 am* - Total Body Conditioning
10:30 am - Total Body Conditioning
4:00 pm - Total Body Conditioning

SATURDAY

7:00 am - Lower Body
9:30 am - Mommy & Me
(BYO weights)
11:30 am - Total Body Conditioning

SUNDAY

9:30 am - HIIT & Kettlebell
10:30 am - Total Body Conditioning



*Zoom and In-studio class

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#SUMMERREADY