



CLASS SCHEDULE

Classes are 55 minutes unless otherwise noted

MONDAY

6:15 am | 20-20-20 | Studio
8:15 am | Total Body | Studio
9:15 am | Total Body | Buttonwood Park
10:30 am | Total Body | Zoom
4 pm | Total Body | Zoom
6 pm | Kettlebell Circuit | Studio
6:30 pm | Pound (Tammy) | Zoom
7:30 pm | Express Stretch | Zoom

TUESDAY

6:15 am | 20-20-20 | Studio
9:45 am | Mommy & Me | Core Creek Park
4 pm | Total Body | Zoom
5:15 pm | Interval Training (HIIT Circuit) | Studio
6:30 pm | Total Body Circuit | Studio

WEDNESDAY

6:45 am | Upper Body + Ab Upgrade | Zoom
8:30 am | Total Body | Studio
10:30 am | Total Body | Zoom
12 pm | Express Stretch | Zoom (30 min)
4:30 pm | Kid's Boot Camp | Falls Park
6 pm | AMPD Kettlebell (Tammy) | Studio
7:30 pm | 20-20-20 | Zoom

THURSDAY

6:15 am | 20-20-20 | Studio
8:30 am | Total Body | Studio
9:45 am | Mommy & Me | Core Creek Park
12 pm | Booty Boot Camp | Zoom
4 pm | Total Body | Zoom
5:15 pm | Interval Training | Studio
6:30 pm | Total Body Circuit | Studio

FRIDAY

6:45 am | Lower Body | Zoom
9:15 am | Total Body | Buttonwood Park
10:30 am | Total Body | Zoom
1:30 pm | Upgrade Abs & Arms | Studio

SATURDAY

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

SUNDAY

8:30 am | Total Body | Studio
9:30 am | HIIT & Kettlebell | Zoom
10:30 am | Total Body | Zoom
12:30 pm | Kid's Boot Camp (ages 3-6) | Core Creek
1:30 pm | Kid's Boot Camp (ages 7-11) | Core Creek

Studio 79 S Main St, Yardley | **Core Creek Park** 1725 Woodbourne Rd, Langhorne | **Falls Park** 9050 Mill Creek Rd, Levittown |

Buttonwood Park Buttonwood Dr, Yardley

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Updated May 18, 2021