

WELLNESS TO THE CORE

Begins- Nov 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 am Barre & Pelvic Floor Beginner to Advanced 45 mins 10 am Monday Morning Stretch 75 mins	9 am Pilates Sculpt W/ Weights 45 mins	9 am Gentle Yin Yoga Great for Beginners <i>*For All Levels - 75 mins</i>	9 am CORE FIT W/Weights 45 mins 10 am Safe & Sound Yoga 11:15 am Qi Gong Energy & Stretch <i>*For All Levels</i>	9 am CORE POWER Balls & Bands 45 mins 10 am Mixed Yoga <i>*For All Levels - 75 mins</i>	9 am Gentle Blissful Yoga Great for Beginners <i>*For All Levels- 75 mins</i> Events & Workshops FOAM ROLLER WORKSHOP Pelvic Floor & SMFR (Self Massage) with ANGEL Nov. 8th 10:30am -12:30pm \$45 with Roller to \$25 BYO-Roller Nov 8th 12:30- 2:30 pm Customer Appreciation & Community Celebration <i>*19 Years for Wellness</i>	Look for Pop -Up Classess on Sat & Sun. this Fall/Winter Watch Facebook For More Events Go to wttcore.com for more info & to register for classes or follow us of Facebook for the latest updates!
6 pm Hot Yoga Flow	New Class 6 pm Mixed Yoga Flow <i>*For All Levels</i> 6 pm Pre/Post Natal Yoga 75 Mins	6 pm Hot Yoga Flow 6pm Restorative Yin Yoga <i>*For All Levels</i>	New Class 6 pm Mixed Yoga Flow <i>*For All Levels</i> 6 pm Mindful Movement <i>*For All Levels</i> <i>Hybrid: Mat &/or Chair</i> 75 Mins			

Specific colors indicate specific teacher

Molly
Margie

Carla
Ty

Alternate Teachers
**ANGEL*

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BEGINNERS

Monday Morning Stretch- Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. Breath and movement merge to stretch the body and awaken the mind in a perfect mix of light workout and deep stretch. A good morning begins a great day!

Mixed Yoga Flow (All Levels)- A balanced blend of movement and stillness. Build strength, flexibility, and mindfulness through classic yoga poses and gentle flow. Perfect for beginners with options to challenge more advanced students.

Gentle Yin Yoga- Yin yoga is a deeply restorative and grounding practice designed to balance the body and quiet the mind. Through long, gentle holds and the generous use of props, you'll be supported in each posture so you can soften, release tension, and move past resistance. This slower pace encourages stillness, flexibility, and a deeper connection to your breath, helping you restore balance and leave feeling calm, centered, and renewed.

Safe & Sound Yoga- A gentle, yet energizing Hatha yoga class that focuses on dynamic breathing, stretching & releasing postures for specific areas of the body such as neck and lower back. The emphasis is on taking time out for yourself and improving well being. This class is appropriate for students from beginner to experienced. Come create your own practice for your inner self!

Qigong- Qigong is a gentle, flowing practice that combines movement, breath, and mindfulness to restore balance and energy. Often called "meditation in motion," it's perfect for reducing stress, improving flexibility, and enhancing overall well-being.

Mixed Yoga- A mixed level class good for beginners and intermediate students alike. Students will find a mix of yoga approaches and will practice breath work, postures, movement and meditation. Classes include at least one restorative pose. A great way to move into the weekend!!

Mindful Movement- A gentle, supportive class that blends mat and chair-based yoga to improve strength, balance, flexibility, and body awareness. Perfect for beginners, those recovering from injury, or anyone looking for a slower, more intentional pace. We move with breath, listen to our bodies, and explore mobility in a safe, inclusive space. Come as you are. All bodies welcome. Mindful. Grounded. Empowering

Intermediate to Advanced

HOT YOGA FLOW- Hot Yoga is a form of Hatha yoga performed in a heated room 98-100. Beginning with a breathing exercise to warm up, progressing through asana (postures) or sequence of poses and finishing with a toxin-eliminating breathing.

*Please bring your own Mat, Beach & hand towel plus water!

BEGINNERS to INTERMEDIATE

Core and Stability

Barre & Pelvic Floor- A low-impact class that blends Barre movement with targeted pelvic floor strengthening. Designed to build deep core strength, stability, and confidence—perfect for postpartum, perimenopause, menopause, or anyone wanting to move smarter. No experience needed. Just show up and feel supported.

Piyo-Fusion- w/weights -A fusion of Yoga and Pilates: Achieve optimal strength, flexibility and endurance; with add weights to sculpt not building bulk. With added focus on core stability, each class is different as we use different props to achieve maximum benefits. Suitable for all levels. 45 Mins.

Core Fit w/weights A great workout for the entire torso, challenging exercises will target the lower and upper abdominals, oblique's, back, and hip flexors. This powerful workout for the "powerhouse" of your body is only 45- minutes. *Modifications for beginners will be provided.*

Core Power-A combination of core based movements. This class is designed to maximize the benefits of a well rounded, whole body, abs and back workout utilizing a variety of equipment such as Stability Ball, small pilates balls, resistance loops bands, therabands, JC Resist Power Bands, Etc. Suitable for all levels. 45 mins.

More on the next page...

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***More Classes offered upon request at the studio**

For Prenatal Yogi's -(Upon request)

Prenatal and Postnatal Yoga- A wonderful opportunity for you to take time to connect with the changes in your body and connect with your baby. In our classes you will build strength, increase flexibility, and work with your breath whether you are preparing for or have recently experienced childbirth and motherhood. Yoga postures during pregnancy will strengthen the uterus and pelvic muscles, improve circulation, aid digestion, exercise the spinal column, relieve fatigue and tension and revitalize the internal organs. Yoga can also alleviate many of the common discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. Breathing practice during pregnancy opens the chest and helps to improve circulation in both mother and baby. It also calms the nerves and gives the mother greater control of her breathing during labor.

ASK ABOUT OUR PRIVATE CLASSES & YOGA PARTIES

*****Please register online****

Or contact 419-733-3066 by text or call to ensure there is a class and/or enough room. If you are not a regular student.

210 W. Market St. Celina, OH

419-733-3066 www.wttcore.com or contact angel@wttcore.com for more questions.

***Please consult your physician before beginning classes
or any other exercise program***

(Unless indicated all classes are approx. 1 hour)

Classes are subject to change based on class attendance & student request!!