

# STUDIO 2 | MARCH SCHEDULE

## MONDAY

TIME	CLASS	INSTRUCTOR
9:15-10:15am	Heated Power Yoga (2)	Kaylen 🔥
10:30-11:30am	BarrePOWER	Kelsey ★
11:35-12:30pm	Pilates With Props (1)	Liz
4:30-5:00pm	JUNIOR DANCE FIT	Maddy ★
5:05-5:45pm	KIDS DANCE FIT	Maddy
6:00-7:00pm	Heated Power Yoga (2)	Courtney 🔥
7:35-8:35pm	LES MILLS BODYFLOW	Leah G.

## TUESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	Heated Power Yoga (2)	Kelsey 🔥
6:35-7:35am	Pilates Mat	Marisa
8:10-9:10am	ZUMBA	Jackie
9:15-10:15am	Pilates w/ Props	Jenny
10:30-11:45am	Gentle Yoga (1)	Marsha
12:00-1:00pm	Cross Train Yoga (2)	Kelsey
5:30-6:30pm	BarrePOWER	Sarah B
6:30-7:30pm	ZUMBA	Lindsey M
8:00-9:00pm	Hip Hop Heated Yoga	Kaylen

## WEDNESDAY

TIME	CLASS	INSTRUCTOR
★ 5:30-6:30am	BarrePOWER	Kelsey
9:15-10:15am	Heated Power Yoga (2)	Sasha 🔥
10:30-11:30am	BarrePOWER	Sarah W
12:00-12:45pm	ZUMBA	Lindsey
4:45-5:15pm	MINI MUSCLES	Tiana
5:30-6:30pm	LES MILLS BODYFLOW	Sarah J
★ 7:30-8:30pm	MIXXEDFIT	Gretel

## THURSDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	Heated Power Yoga (2)	Kelsey 🔥
★ 7:30-8:30am	Cross Train Yoga (2)	Kelsey
9:15-10:15am	Strong Bones	Mineca
★ 10:30-11:30am	BarrePOWER	Ashley T
12:00-12:45pm	ZUMBA	Lindsey
4:30-5:30pm	BarrePOWER	Ashley T
6:00-7:00pm	Heated Power Yoga (2)	Jessie 🔥
7:00-8:00pm	CHIKS (PRIVATE TRAINING)	Sandy 💰

## FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	Heated Power Yoga (2)	Kaylen 🔥
8:45-9:45am	Heated Enlighten Flow (2)	Kelsey 🔥
12:00-1:00pm	BarrePOWER	Sarah B

## SATURDAY

TIME	CLASS	INSTRUCTOR
8:00-9:00am	Heated Power Yoga (2)	Sarah B 🔥
9:15-10:15am	Heated Power Yoga (2)	Jason 🔥
10:30-11:30am	Nia	Jana
11:30-12:30pm	BarrePOWER	Rotation

## SUNDAY

TIME	CLASS	INSTRUCTOR
8:45-10:00am	Heated Power Yoga (2)	Mica 🔥
★ 10:30-11:30am	Heated Power Yoga (2)	Courtney 🔥
12:00-1:00pm	ZUMBA	Bridget

★ New Class 🔥 Heated Studio P Pass Required 💰 Fee Based Training

Please note: Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being CANCELED. In order to make the most efficient use of our studio space, we may discontinue classes if there are under 10 participants consistently.

#### BARRE POWER

Barre fitness classes are not just another trend. The Barre Technique thins your thighs, lifts your seat, flatters your abs and tones your arms, all while utilizing the basics of ballet on the barre! Limit 15 participants per class. A BarrePOWER Pass is required to attend. Passes will be available at the front desk on a first come, first serve basis, starting 30 minutes prior to class time. *Limit one pass per person - must be present to pick up the pass (cannot reserve via phone or for other class participants.)*

#### LES MILLS BODYFLOW

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

#### LES MILLS BODYJAM

An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Trained instructors teach you to move with attitude and most important to have fun throughout this class. Grab a friend, get front and center, and get high on the feeling of dance.

#### STRONG BONES

Buff Bones is a medically endorsed Pilates Mat program that provides a full body workout. Exercises include strength training, balance, functional movement, and rehabilitative exercise. This program is safe for those with Osteopenia and Osteoporosis.

#### CROSS TRAIN YOGA

A 60 minute class that allows you to get your whole workout in one. The class starts with a 15 minute power yoga warm-up, followed by 20 minutes of high-intensity strength training and cardio using weights, bands and your own body. The class finishes with a 25 minute deep yoga stretch and meditative relaxation. Cross-Train Yoga is suitable for all-levels. The instructor will provide plenty of options to ensure your workout is safe as well as efficient.

#### GENTLE YOGA

This class is geared toward those who want to take it a little easier. Alignment principles, gentle breathing techniques, and basic poses will be taught at a slow pace for all levels of students. As in all classes, modifications will be made, as needed for each student so that everyone, regardless of age or physical ability, will feel the benefits that yoga has to offer.

#### GLUTESANITY \$

Glutesanity is one hour of strength training to target your glutes and lower body, with a focus on improving shape and strength. You can expect to use equipment, free weights, bands, and body weight as your resistance. *Small group training classes are fee based. \$150/5 sessions; \$250/10 sessions. Purchase at the front desk.*

#### HEATED ENLIGHTEN FLOW

Enjoy a gently heated version of our popular Enlighten Flow yoga class. This vinyasa flow emphasizes creating length, stability, and balance while cultivating mindful meditation and breathing practices. \*\*The room is a regulated temperature that does not go above 90 degrees F.

#### HEATED POWER YOGA

This class is an invigorating strength oriented yoga class. It focuses on breath while continually challenging your balance and stamina. This is a fast-paced class and additional yoga experience is strongly suggested. It is a challenging full-body workout designed to make you sweat, while utilizing the body for resistance strength training. \*\*The room is a regulated temperature that does not go above 90 degrees F.

#### HIP HOP HEATED YOGA

Ramp up your yoga practice with hip hop, R&B, and rap beats in a softly lit, heated power yoga class led by Instructor Chelsey Peacock. \*\*The room is at a regulated temperature that does not go above 90°F.

#### MIXXEDFIT

MixedFit® is a people-inspired fitness program that combines explosive dance movements with bodyweight toning.



Nia is a fun and effective mind-body fitness program, integrating the power of martial arts, the stillness of Tai Chi, the playfulness of dance and the flexibility and concentration of yoga. Nia is for every fitness level, every age, and every mind. Come experience the fun!

#### PILATES WITH PROPS

Is a fun way to explore your body and experience a different kind of challenge and support in the Pilates Method. Pilates with Props will offer work with small 5 inch balls, magic circles, rollers, and therabands to challenge and assist your core, upper body strength, lower extremity strength, coordination and balance.

#### ZUMBA ZUMBA

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked.

#### KIDS DANCE FIT

Kids Dance FIT gets you movin' and groovin' with a fitness centered dance class. This class is for all those kids that just want to boogie on down. Our instructor will impact you with an inspiring dance workout. Learn new dance moves and how to put together a longer dance. Ages 7-11.

#### JUNIOR DANCE FIT

Junior Dance FIT gets the little ones movin' and groovin' with a fitness centered dance class. Working coordination and dance moves this class helps inspire confidence in life. Our instructor will impact you with an inspiring dance workout. Ages 4-6.