

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00		NEW TIME ↓					Interval Training
8:15		Interval Training				All Levels Yoga	
9:15							Vinyasa Flow Yoga
9:30		Yoga Basics	Barre Flow	Cardio Burn	Vinyasa Flow Yoga	Barre Flow	
10:30							Zumba
10:45		Strength and Balance-- SILVER SNEAKERS		Gentle Yoga			
11:45					Chair Yoga-- SILVER SNEAKERS		
12:30						Chair Yoga – NEW! -SILVER SNEAKERS	
4:15	Restorative Yoga						
4:30			Align and Flow Yoga				
5:00						Weekend Wind Down Yoga	
5:15		Yoga Barre		Pilates	Kick-Step		
5:45			Cardio Burn				
6:30		Interval Training		Intermediate Yoga	Interval Training		
7:00							
7:45					Relax and Restore Yoga		

Register for all classes and workshops at: www.TheWellnessStudioatProMotion.com in the "Schedule" area. Also at www.ProMotionpt.com 770-554-7977

WORKSHOPS & EVENTS

Snack Attack: Saturday, October 28th:

An engaging 1 hour hands-on workshop designed to remind you how YOU can defend against a snack attack.

- Do you really know how much you are consuming?
- Do you know how to choose the better option for your body?
- Are you incorporating diet with exercise?

We will be discussing healthy options and practices for everyday implementation. Yes, there will be dark chocolate!

Please feel free to share ideas that may help others defend themselves against a snack attack.

Cost: Members - \$10.00 Non-Members - \$15.00

Please create an account in our MindBody scheduling system and sign up for classes online

CLASS DESCRIPTIONS

Align & Flow class promotes strength, balance, flexibility, and stress reduction. This physical practice is offered with some yoga philosophy, music, and a welcoming and loving atmosphere.

Barre Flow has plenty of barre and floor work as well as a little Yoga and Pilates, leaving you feeling both energized and relaxed.

Cardio Burn Get your toning and cardio fix in the same hour. This class will take you through fun, upbeat cardio songs to get your heart rate pumping AND push you to the burn of muscle fatigue, all with a little dance in your step.

Chair Yoga incorporates a wide range of Yoga poses and stretches, ALL done using the support of a chair. This gentle class is designed to help those who need to increase their flexibility, strength and circulation.

Gentle Yoga is a great class for a beginner, or for anyone who wants to spend an hour in a calm, grounding and peaceful atmosphere. Students will be guided through a series of gentle poses designed to support the body, mind and spirit with a little TLC.

Interval Training (previously known as "Circuit Training") incorporates strength training with weights, body weight resistance and cardio intervals mixed in.

Intermediate Yoga allows participants to take their practice to the next level. Class uses fun and easy tools, such as chairs, blocks and resistance bands to experience poses in unique ways and help you experience poses in a new way.

Pilates focuses on core strength and all the other principles of Pilates, with stretching being the final focus of this class. This class will help develop the body by strengthening and lengthening muscles, while restoring physical vitality and correcting postures.

Relax & Restore Yoga Class time - 45 minutes the perfect way to wind down at the end of your day (and stretch out if you come to Interval Training right before this class). Emphasis will be on stretching, relaxation and preparing the body for rest.

Restorative Yoga guides you through supine and seated poses to help restore your mind, body & spirit.

Strength & Balance will get you moving and get your muscles activated from head to toe, helping develop strength and balance. Class is a Silver Sneakers/Flex program.

Vinyasa Flow Yoga is designed to work on linking your movements with your breath in a flowing manner. You will be encouraged to set your own personal intentions to accommodate your own unique practice.

Weekend Wind Down Yoga is the perfect treat to find a sense of balance and serenity while gaining core strength and flexibility after a long week.

Yoga-Barre combines core strengthening, flexibility and muscle lengthening of a Barre class with the strength, stretching and calming effects of Yoga. This class will be 25-minutes of barre and floor work, followed by 30-minutes of Yoga with the traditional Savasana (rest & relaxation) to round out the class.

Yoga Basics is designed to guide you through the basics of Yoga, helping to build a good foundation for a practice. Whether it's your very first time or you've been practicing for years, this class is for you.

Zumba is a dance fitness class featuring simple dance moves and music from all over the world! Zumba combines high energy and motivating music to create a dance party atmosphere. It's a fun and effective workout so come join the party!

PRICING

<u>Memberships:</u> Unlimited Basic--	\$55/mo	<u>Senior Discount Rates:</u> Unlimited Basic--	\$50
Unlimited Deluxe--	\$69 (ask for details)	Unlimited Deluxe--	\$62
<u>Per-Class Drop-In Rate:</u>	\$10/class	Drop-In--	\$9
<u>Ten-Class Pass:</u>	\$90	Ten-Class Pass--	\$81
<u>Intro Rate:</u> Trial First Month--	\$29	<u>Student Discount Rate:</u> Unlimited Basic--	\$40
<u>Massage:</u>	\$ 1/min.	<u>Personal Training:</u> Initial--	\$50
<u>Nutrition:</u> Initial--	\$100	Session--	\$45
Follow-up--	\$ 45/session	10-Session Pkg--	\$400