

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00							Interval Training 8:00
8:15		Interval Training 8:15		Fit- Burst 8:45-9:15	All Levels Yoga 8:15	All Levels Yoga 8:15	
9:15							Vinyasa Flow Yoga 9:15
9:30		Yoga Basics 9:30	Fit-n-Flex 9:30	Barre Tone 9:30	Fit-n-Flex 9:30	Cardio Burn 9:30	
10:30							Zumba 10:30
11:45		Strength & Balance— <u>SS*</u> 11:45	Pilates 11:45		Chair Yoga— <u>SS*</u> 11:45	Chair Yoga— <u>SS*</u> 11:45	
4:15	Restorative Yoga 4:15						
4:30			All Levels Yoga 4:30		All Levels Yoga 4:30		
5:15		BarreLates 5:15		Pilates 5:15		Weekend Wind Down Yoga 5:15	
5:45			Cardio Burn 5:45		Fit-n-Flex 5:45		
6:30		Interval Training 6:30		STRONG by Zumba 6:30			
7:00			R and R Yoga 7:00		BarreLates 7:00		*SS = Silver Sneakers

## Announcements:

July 4<sup>th</sup>—one class is being offered: Cardio Burn @ 9:30 am **BE SAFE this 4<sup>th</sup> of July!!**

No changes to the class schedule for July! See you in class 😊

FREE Self Defense class – Saturday, July 21<sup>st</sup>. **Time TBD. Be watching for details.**

Great opportunity for college students, but open to all! Donations will be accepted for Southeast Gwinnett Co-op.

Upcoming Workshop: **Healthy, colorful meal and snack planning for busy families!**

Tackle quick balanced dinners and pack quick, healthy, on-the-go snacks with

Mindy Belcher, Registered Dietician.

Sunday, August 26<sup>th</sup>, 2:00 pm. Members-- \$10, Nonmembers--\$15

**Stay tuned for the next Accountability Health Challenge in August!**



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

Register for all classes and workshops at: [www.TheWellnessStudio.com](http://www.TheWellnessStudio.com) in the  
"Schedule" area. Also at [www.ProMotionpt.com](http://www.ProMotionpt.com) 770-554-7977

CLASS DESCRIPTIONS

Barre Tone is designed to tone and strengthen. Ballet techniques are incorporated to target lower body and core. Strengthening and toning of the arms and abs will be included. This class will improve overall posture with an added booty lift 😊

BarreLates is an hour-long class is a Barre and Pilates fusion. Toning and strengthening your legs, butt and arms, while also focusing on those core "powerhouse" muscles. All the movements within this class are low impact and super controlled to reduce pressure on your joints and tendons.

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 uses a wide range of Yoga poses and stretches, ALL done using the support of a chair. This gentle but challenging class is designed to increase flexibility, strength and circulation. This is a **Silver Sneakers**/Flex program.

Interval Training incorporates strength training with hand weights & body weight resistance. Mixed with cardio intervals, this class perfectly allows you to meet your body where it is, and progress at your own pace.

Fit-n-Flex is a cardio-core and extremity challenging and fun cross training class, focusing on strength, power, and mobility. We will utilize the step to get heart rates up, as well as use of bodyweight, dumbbells, and barbells for a well-rounded workout.

Fit-Burst Get the same great workout as the hour-long class in half the time. Focus is on getting your heart rate up quickly and actively recovering with strength-related exercises.

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

Relax & Restore Yoga (Class time - 45 minutes) is the perfect way to wind down at the end of your day. 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. This class is a **Silver Sneakers**/Flex program.

STRONG by Zumba combines body weight muscle conditioning, cardio and plyometric training synced to original music designed to match every move. This class will push past plateaus to gain muscular tone, and increased afterburn!

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-min. of barre and floor work, followed by 30-min. 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! It combines high

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>Student Discount Rate:</u> Unlimited Basic--	\$39
		<u>Parent/Child Rate:</u> Unlimited Basic--	\$79
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<u>Nutrition:</u> Initial--	\$100	<u>Massage:</u>	\$ 1/min.
Follow-up--	\$ 50/session		