

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00							Interval Training 8:00
8:15		Interval Training 8:15				All Levels Yoga 8:15	
9:15							Vinyasa Flow Yoga 9:15
9:30		Yoga Basics 9:30	STRONG By Zumba 9:30*	Barre Tone 9:30	Barre Tone 9:30	Cardio Burn 9:30	
10:30							Zumba 10:30
10:45			Pilates! 10:45*	Gentle Yoga 10:45			
11:45		Strength & Balance—SS 11:45			Chair Yoga—SS 11:45		
12:30						Chair Yoga—SS 12:30	
4:15	Restorative Yoga 4:15						
4:30			Align & Flow 4:30				
5:15		Yoga Barre 5:15		Pilates 5:15		Weekend Wind Down Yoga 5:15*	New Time!
5:45			Cardio Burn 5:45				
6:30		Interval Training 6:30		Kick-Step 6:30	Interval Training 6:30		
7:00			R and R Yoga 7:00				
7:45					R and R Yoga 7:45		*SS = Silver Sneakers

### Schedule Changes:

\*Tues. morning 9:30 is now STRONG! By Zumba; \*10:45 New Pilates; \*Friday, Weekend Winddown is now 5:15

Upcoming Workshop: Sunday, January 21<sup>st</sup> @ 2:00 pm — Meals with Mindy

Sheet Pan and Crock Pot Recipes -- \$10 for Members, \$15 for nonmembers

AMP IT UP! Accountability Challenge: January 7<sup>th</sup> through February 10<sup>th</sup>.

\$39 for Members, \$99 for Nonmembers

Date Night: Saturday, February 17<sup>th</sup> -- Thai Partner Yoga --- \$50/couple

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



**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 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 😊

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.

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 with intermixed cardio intervals.

Kick-Step is a cardio-core and extremity challenging and fun workout. After a cardio warm-up, a combination of kickboxing and step elements will be incorporated. This class will challenge coordination and balance, while providing stress relief!

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 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 energy and motivating music to create a dance party atmosphere. It's a fun and effective workout so join the party!

PRICING

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