



The Wellness Studio  
AT PROMOTION

# November 2024

|       | Sun.                        | Mon.                              | Tue.                              | Wed.                                       | Thu.   | Fri.   | Sat.  |
|-------|-----------------------------|-----------------------------------|-----------------------------------|--|--|--|---|
| 8:00  |                             |                                   |                                   |  |  |  | Interval Training<br>8:00                                 |
| 9:00  |                             |                                   |                                   |  |  |  | Vinyasa Flow Yoga<br>9:00                                 |
| 9:30  |                             | Gentle Yoga<br>9:30               |                                   |  |  | Gentle Yoga<br>9:30                          |   |
| 10:00 | New<br>Class!               | <b>Fusion Flex<br/>10:45</b>      |                                   |  |  |  | <b>Barre Tone &amp; Guts<br/>and Butts</b><br><br>Pop Ups |
| 10:45 |                             |                                   | Zumba Gold<br>10:45— <u>SS*</u>   |  | Zumba Gold<br>10:45— <u>SS*</u>                |  |   |
| 11:00 |                             |                                   |                                   | Pilates<br>11:00                           |  |  |   |
| 12:00 |                             | -Chair Yoga-<br>12:00— <u>SS*</u> | -Chair Yoga-<br>12:00— <u>SS*</u> | Strength &<br>Balance 12:00-<br><u>SS*</u> | Strength & Balance<br>12:00— <u>SS*</u>        | (Chair moved to<br>Mondays thru<br>November) |   |
| 4:30  |                             |                                   |                                   |  |  | Stretch + Release<br>4:30                    |   |
| 5:30  |                             | Interval Training<br>5:30         |                                   | Burn and Build<br>5:30                     |  |  |   |
| 6:00  |                             |                                   | Kickboxing<br>6:00                |  | Kickboxing<br>6:00                             |  |   |
| 6:30  |                             |                                   |                                   | Stretch and<br>Release<br>6:30             |  |  |   |
| 7:00  | Restorative<br>Yoga<br>7:00 |                                   | Guts and Butts<br>7:00            |  | Reiki-Restorative<br>Yoga & Meditation<br>7:00 |  | <b>*SS =<br/>Silver Sneakers</b>                          |

PRICING

|                             |                           |                                 |                        |
|-----------------------------|---------------------------|---------------------------------|------------------------|
| <u>Fitness Memberships:</u> | \$54/mo                   | <u>Senior Fitness:</u>          | \$30/month             |
| <u>Wellness Membership:</u> | \$74/mo                   | <u>Silver Sneakers Program:</u> | Insurance paid Program |
|                             |                           | <u>Senior SS Access Only:</u>   | \$15/month             |
| <u>Nutrition:</u>           | Initial-- \$100           | <u>Massage:</u>                 | \$ 75/hr.              |
|                             | Follow-up-- \$ 50/session | <u>Reformer Private:</u>        | \$ 75/session          |
| <u>Personal Training:</u>   | \$ 45/session             |                                 |                        |

**\*Nutrition \*Massage \*Private Reformer Sessions \*Personal Training \*Preventative Care**

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

**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

**Burn + Build** This will burn calories and build strength, while working up a sweat and having a great time! It's the perfect mix between cardio and strength training. The cardio "burn" will happen first and the strength "build" second. Modifications and options will be offered to tailor each workout to meet your level of fitness

**Chair Yoga** 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.

**Fusion Flex** Yoga based which may include Yoga on the ball, HIIT Yoga Shred, Bollywood and Belly dance yoga infused moves. Come in for a change in the normal routine.

**Gentle Yoga** focuses on alignment and gentle poses. This is a great class to help ease you into the rest of your day and weekend.

**Guts and Butts** targets your glutes and abs in this moderate intensity floor work to tighten and tone for strength and shape.

**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.

**Kickboxing** combines martial arts techniques with fast-paced cardio is an all level fun, challenging workout.

**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.

**Reiki-Restorative Yoga and Meditation** guides you through supine and seated poses to help restore your mind, body & spirit. Infused with guided meditation and Reiki energy work, online or in-person will provide a greater sense of peace and relaxation.

**Restorative Yoga** helps you experience a deep state of rest, relaxation, and rejuvenation. This class is a great complement to other yoga styles/exercise and is suitable for practitioners of all levels.

**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

**Stretch + Release** is a guided sequence of stretches designed to lengthen and release tension in muscles after a stressful day or workout.

**Sunset Yoga** guides you through supine and seated poses to help restore your mind, body & spirit. Emphasis will be on stretching and overall destress and relaxation.

**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.

**Zumba Gold** introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. This is a **Silver Sneakers**/Flex program.