The Wellness Studio AT PROMOTION

October 2022

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00							Interval Training 8:00
9:30						Gentle Yoga 9:30	Vinyasa Flow Yoga 9:00
10:00		Barre Fusion 10:00					
10:45			Zumba Gold 10:45— SS*		Zumba Gold 10:45— SS*		
11:00							
12:00			*-Chair Yoga- 12:00— SS**	*Strength & Balance 12:00— SS**	*-Ener-chi- 12:00— SS**	*-Chair Yoga- 12:00— SS**	
4:30				Yoga Pilates Fusion 4:30		Stretch and Release 4:30	
5:30		Interval Training 5:30		Burn and Build 5:30			
6:00			Kickboxing 6:00		Kickboxing 6:00		
6:30				Stretch and Release 6:30			
7:00	Restorative Yoga 7:00		Yin Yoga 7:00		Reiki-Restorative Yoga & Meditation 7:00		*SS = Silver Sneakers

PRICING

Fitness Memberships:		$39/mo	Senior Fitness:	$30/month
Wellness Membership:		$59/mo	Silver Sneakers Program:	Insurance paid Program
			Senior SS Access Only:	$15/month
Nutrition:	Initial--	$100	Massage:	$ 75/hr.
	Follow-up--	$ 50/session	Reformer Private:	$ 60/session
Personal Training:		$ 45/session		

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

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

CLASS DESCRIPTIONS

Barre Fusion is designed to connect to your body utilizing barre exercises infused with other great formats such as yoga, pilates, and strength building.

Burn-n-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

Cardio Circuit This 30-minute **Silver Sneakers** Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for standing support.

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.

Ener-chi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options. This is a **Silver Sneakers**/Flex program.

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.

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.

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

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.

Yin Yoga is a slower paced class that allows time to slow down, to sink into the body, and turn focus inward to rest the mind. In this class, you will be guided to feel a slight stretch sensation in each pose while calming the nervous system

Yoga Pilates Fusion Enjoy the benefits of Yoga and Pilates in one class. Linking movement with breath in both Yoga and Pilates will have you feeling stretched, relaxed, strong and invigorated.

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.