



The Wellness Studio
AT PROMOTION

January 2024

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00							Interval Training 8:00
9:00							Vinyasa Flow Yoga 9:00
9:30		Gentle Yoga 9:30			Pilates 9:30	Gentle Yoga 9:30	
10:00							Barre Tone "Pop-ups"
10:45			Zumba Gold 10:45— SS*		Zumba Gold 10:45— SS*		
12:00			-Chair Yoga- 12:00— SS*	Strength & Balance 12:00- SS*	Strength & Balance 12:00— SS*	-Chair Yoga- 12:00— SS*	
4:30						Stretch + Release 4:30	
5:30		Interval Training 5:30		Burn and Build 5:30			
6:00			Kickboxing 6:00		Kickboxing 6:00		
6:30		Sunset Yoga 6:30		Stretch and Release 6:30			
7:00	Restorative Yoga 7:00		Mindful Stretching And Meditation 7:00		Reiki-Restorative Yoga & Meditation 7:00		*SS = Silver Sneakers

PRICING

<u>Fitness Memberships:</u>	\$39/mo	<u>Senior Fitness:</u>	\$30/month
<u>Wellness Membership:</u>	\$59/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>	\$ 60/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 in the "Schedule" area. Also at 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

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.

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.

Mindful Stretching Aids in learning to move and stretch mindfully and to meditate while paying attention to the incredibly wise and intelligent parts of us- **our body**.

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.