

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:15		Interval Training 8:15	Power Yoga 8:15	Intermediate Yoga 8:15	Power Yoga 8:15		Interval Training 8:15
9:15							
9:30		Yoga Basics 9:30	Flex & Abs 9:30		Pilates 9:30	Cardio Burn 9:30	Vinyasa Flow Yoga 9:30
10:45					Zumba Gold 10:45-- <b>SS*</b>		Barre Tone 10:45**
11:45		Zumba Gold 11:45— <b>SS*</b>	Chair Yoga 11:45— <b>SS*</b>	Strength & Balance 11:45— <b>SS*</b>	Chair Yoga 11:45— <b>SS*</b>	Chair Yoga 11:45— <b>SS*</b>	<b>**7/13 will be Zumba @10:45</b>
4:15			Vinyasa Flow 4:15				
5:15		Barre Tone 5:15		Pilates-Barre 5:15		Gentle Yoga 5:15*	
5:45			Cardio Burn 5:45		Flex & Abs 5:45		
6:30		Interval Training 6:30		STRONG by Zumba 6:30			
6:45	Restorative Yoga 6:45						
7:00			Barre Stretch 7:00		Restorative Yoga 7:00		<b>*SS = Silver Sneakers</b>

### Announcements/Workshops:

#### Achieve your personal fitness goals with Personal Trainer—Beth Hagler

With over 15 years of experience in the health industry as a personal trainer (AFAA/ISSA certified), Beth works with ages teen through adult to achieve their fitness goals. She also works with small groups (3-5 people) of similar fitness levels. Call for an appointment today!

#### Calling all Young Yogi's! --- July 8- 12<sup>th</sup>; 1:00-4:00 pm. \$115/child

Young Yogis (ages 10-14) Develop a greater sense of self!

Price includes: Yoga class/workout, healthy snacks (nut-free), Yoga games, Self-confidence building activities, Crafts, Journals and MORE! (Please notify us of food allergies)

#### Essential Oils for Back-To-School — July 14, 2:00-3:30pm. FREE

Empower yourself and your kiddos with natural germ fighter, emotional support, and homework focus tips and treats! The first 20 people to sign up on MINDBODY will receive a FREE GOODY BAG!!

#### Self Defense Workshop — July 21, 2:00-4:00pm. FREE (Bring canned food for Southeast Co-op)

Designed to educate people about self-defense. There will be hands on demonstrations. Learn to escape attacks, holds, and other dangerous situations. Great for teens before leaving for college! Come learn from Grayson local 4<sup>th</sup> degree black belt, Susan Makenzie!

EVENTS & UPDATES

**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

**Other services offered include:**

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

CLASS DESCRIPTIONS

Barre Stretch This slow paced, 45-minute class will focus on flexibility of hips and hamstrings, being very intentional about form. This class will improve balance, flexibility, body awareness and posture.

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.

Flex & Abs An extremity challenging and cardio cross training class. The first half of class will focus on strengthening the muscles in the arms and legs, utilizing dumbbells, barbells and resistance bands, rounded out with intense ab work for the second half of the class

Gentle Yoga This class will focus on alignment and gentle poses. This is a great class to help ease you into the weekend.

Intermediate Yoga A warm setting to flow from pose to pose a little more quickly, with less time for rest or detailed instructions. This class is going to increase your strength and flexibility and will deepen your appreciation of yoga.

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.

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.

Pilates Barre 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.

Power Yoga is an active and athletic, Western style of yoga. It is a dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance. It tones and sculpts the entire body allowing for rapid results.

Restorative Yoga (45-60 minutes) guides you through supine and seated poses to help restore your mind, body & spirit. Emphasis will be on stretching, relaxation and preparing the body for rest.

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.

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.

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!

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.

PRICING

<u>Memberships:</u>	Fitness --	\$55/mo	<u>Senior Discount Rates:</u>	Fitness--	\$50
	(ask for details)	Wellness--		Wellness--	\$62
	Studio Pkg--	\$39/mo			
<u>Per-Class Drop-In Rate:</u>		\$12/class		Drop-In--	\$ 9
			<u>Student Discount Rate:</u>	Unlimited Basic--	\$39
			<u>Parent/Child Rate:</u>	Unlimited Basic—	\$79