

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00							Interval Training 8:00
8:15		Interval Training 8:15			All Levels Yoga 8:15	All Levels Yoga 8:15	
8:45			Get in The Loop 8:45-9:15				
9:15							Vinyasa Flow Yoga 9:15
9:30		Yoga Basics 9:30	Fit-n-Flex 9:30	Barre Tone 9:30	Fit-n-Flex 9:30	Cardio Burn 9:30	
10:30							Zumba 10:30
11:45		Strength & Balance— <u>SS*</u> 11:45	Pilates 11:45		Chair Yoga— <u>SS*</u> 11:45	Chair Yoga— <u>SS*</u> 11:45	
4:15	Restorative 4:15-5:00						
4:30			All Levels Yoga 4:30		Barre Tone 4:30	<b>New Class!</b>	
5:15		Pilates-Barre 5:15		Pilates-Barre 5:15		Cardio Burn 5:15	
5:45			Cardio Burn 5:45 & 7:00!		Fit-n-Flex 5:45		
6:30		Interval Training 6:30		STRONG by Zumba 6:30			
7:00	Restorative Yoga 7:00		Restorative 7:00-7:45 @PMo		Thai Restorative 7:00		*SS = Silver Sneakers
7:45		All Levels Yoga 7:45		Thai Restorative 7:45			

## Announcements/Workshops:

**Date Night:** Friday October 12<sup>th</sup> 7-9 pm \$45/couple

**Thai Bodywork and Partner Yoga.** A relaxing yoga session followed by hang out community time with Grayson-local delicious treats. Bring a beverage to enjoy during this light-hearted workshop!

**New Class:** Tuesdays @ 4:30—Barre Tone! Come be a part of this toning experience

**Restorative Tuesday is now in ProMotion!** Try out class Tuesdays at 7:00

**Cardio Burn in high demand!** Two classes being offered on Tuesdays, 5:45 **and 7:00**—Back to Back!!

**LOOKING AHEAD:** Be looking for our Nutrition Workshop in November, where Mindy will cover 2018 trends, diets and fads.

**ALSO.....stay tuned for our meditation workshop in November.** This much-needed workshop will help you be your best (present) self during this upcoming hectic holiday season.

**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

CLASS DESCRIPTIONS

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 😊

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.

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.

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.

Fit-n-Flex is a cardio-core and extremity challenging and fun cross training class, focusing on strength, power, and mobility. We will utilize the step to get heart rates up, as well as use of bodyweight, dumbbells, and barbells for a well-rounded workout.

Get in The Loop is a 30 min Burst class that features the use of mini loop bands for additional resistance. As we work to tone and fire up our muscles, the class focuses on a variety strength training exercises with various intensity for full body benefit

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.

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.

Thai Restorative is a sweet fusion of restorative and Thai Bodywork—guidance and support are offered in yoga positions allowing you to recover and rejuvenate while quieting your mind.

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-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

<u>Memberships:</u>	Fitness --	\$55/mo	<u>Senior Discount Rates:</u>	Fitness--	\$50	
	(ask for details)	Wellness--		\$69/mo	Wellness--	\$62
		Studio Pkg--		\$39/mo		
<u>Per-Class Drop-In Rate:</u>		\$10/class		Drop-In--	\$ 9	
			<u>Student Discount Rate:</u>	Unlimited Basic--	\$39	
			<u>Parent/Child Rate:</u>	Unlimited Basic—	\$79	
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<u>Nutrition:</u>	Initial--	\$100	<u>Massage:</u>		\$ 1/min.	
	Follow-up--	\$ 50/session	<u>Reformer Private:</u>		\$ 60/session	