The Wellness Studio AT PROMOTION

April 2020

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:15		Interval Training 8:15			Power Yoga 8:15		Interval Training 8:15
9:30		Yoga Basics 9:30	Pilates 9:30	Yoga Barre 9:30	Pilates 9:30	Interval Training 9:30	Vinyasa Flow Yoga 9:30
10:45		Zumba Gold 10:45—SS*			Zumba Gold 10:45— SS*	Gentle Yoga 10:45	Barre-Tone 10:45
12:00		Chair Yoga 12:00— SS*	Chair Yoga 12:00— SS*	Strength & Balance 12:00— SS*	Strength & Balance 12:00— SS*	Chair Yoga 12:00— SS*	
1:30		Chair Yoga 1:30-- SS*					
4:30	Restorative Yoga 4:30		Vinyasa Flow 4:30	Pilates 4:30	Flex & Abs 4:30		
5:15		Barre Tone 5:15				Wknd Wind-down Yoga 5:15	
5:45			Interval Training 5:45	STRONG by Zumba 5:45			
6:30		Interval Training 6:30					
7:00				Sunset Yoga 7:00	Restorative Yoga 7:00		*SS = Silver Sneakers

EVENTS & UPDATES

Announcements/Upcoming Workshops:

Classes as listed above are available online through the Zoom platform. Sign up for classes on Mindbody, and you will be sent a link to enter the class through Zoom

Workshop – **Canceled d/t COVID19. To be rescheduled.**

~~Paint and Ponder – Sunday, March 22th, 1:30-3:30 pm~~

~~Tap into your creative side with a fun afternoon of painting and socializing. Cynthia Jones, artist, educator, and member of The Wellness Studio will share her expertise with us. Light snacks will be offered. This is a BYOB event for interested artists in the making!~~

~~**Cost**:~~

~~TWS Members - $25.00~~

~~Non-Members - $30.00~~

Yoga in the Park is Canceled d/t COVID19 ~~BACK beginning April 7th!~~ Stay tuned for updates!

~~We will be at Grayson City Park every Tuesday evening at 7:00 pm from 4/7 - 5/26. Grab your yoga mat, a friend and some water and come join the fun! Class will be from 7:00-8:00 pm~~.

Other services offered include:

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

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 in the "Schedule" area. Also at 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 ☺

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 is a great class for a beginner, or for anyone who wants to spend an hour in a calm, grounding and peaceful atmosphere. Students will be guided through a series of gentle poses designed to support the body, mind and spirit with a little TLC.

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.

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 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

Memberships:	Fitness --	$60/mo	Senior Discount Rates:	Sr. Fitness--	$50
(ask for details)	Wellness--	$75/mo		Sr. Wellness--	$64
	Studio Pkg--	$45/mo		Sr. Studio Pkg--	$39
Per-Class Drop-In Rate:		$12/class		Sr. Drop-In--	$10
Student Discount Rate:	Unlimited Basic--	$39			
Parent/Child Rate:	Unlimited Basic—	$79			