

	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	On the Ball Yoga 9:30		Zumba Gold 9:30 — SS*	Interval Training 9:30	Vinyasa Flow Yoga 9:30
10:45			Zumba Gold 10:45— SS*	Rhythmic Yoga 10:45	Pilates 10:45	Gentle Yoga 10:45	Barre-Tone 10:45
11:00		Cardio Circuit 11:00— SS*					
12:00		Ener-chi 12:00— SS*	Chair Yoga 12:00— SS*	Strength & Balance 12:00— SS*	Strength & Balance 12:00— SS*	Chair Yoga 12:00— SS*	
4:30	Restorative Yoga 4:30		Vinyasa Flow 4:30	Yoga Pilates Fusion 4:30	BodyBurn 4:30		
5:15		Barre Tone 5:15				Wknd Wind- down Yoga 5:15	
5:30				Gentle Yoga 5:30			
5:45			Member's Choice 5:45				
6:30		Interval Training 6:30		STRONG 6:30			
7:00					Restorative Yoga 7:00		*SS = Silver Sneakers

Announcements/Upcoming Workshops:

October Nutrition Challenge with Mindy: October 1- November 1.

The October Nutrition Challenge is a program designed to help you improve your eating habits. Evidence shows that healthy eating patterns are associated with positive health outcomes. Making changes to your nutrition habits can be overwhelming. The great news is that every food choice is an opportunity to move you toward a healthier eating pattern. Small shifts in food choices, over the course of a snack, a meal, a day, or a week can make a BIG difference!

The Nutrition Challenge will have a different focus each session and will build on the previous one. Mindy will challenge you to complete just ONE task each week. She will provide education, examples and tips to help you complete the challenge task. At the successful completion of this challenge you will have improved your daily nutrition patterns by putting these simple nutrition nuggets into practice.

If you are ready to take your nutrition up a notch, the October Nutrition Challenge may be just for YOU!

Cost: TWS Members - \$20.00 Non-members - \$30.00

EVENTS & UPDATES

***Nutrition *Massage *Private Reformer Work *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 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 😊

BodyBurn This is a one-hour class designed to build full body strength using dumbbells, body weight, resistance loops, sliders, and more. All fitness levels welcome.

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 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.

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

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.

On The Ball Yoga This class will incorporate a stability ball into our Yoga practice. Participants will have fun while exploring their practice in new ways. All levels welcome! Class time- 45 minutes

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 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.

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.

PRICING

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