

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00							Interval Training 8:00
					It's back!! Pilates 9:30		Vinyasa Flow Yoga 9:00
9:30		On the Ball Yoga 9:30 Moved up				Gentle Yoga 9:30	
10:00							Barre Tone "Pop-ups"
10:45			Zumba Gold 10:45— <u>SS</u> *		Zumba Gold 10:45— <u>SS</u> *		
11:00				Barre Tone 11:00		Circuit Training 11:00-- <u>SS</u> *	
12:00			-Chair Yoga- 12:00— <u>SS</u> *	Strength & Balance 12:00— <u>SS</u> *	Strength & Balance 12:00— <u>SS</u> *	-Chair Yoga- 12:00— <u>SS</u> *	
4:30				Vin to Yin Yoga 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				Stretch and Release 6:30			
7:00	Restorative Yoga 7:00		Yin Yoga 7:00		Reiki-Restorative Yoga & Meditation 7:00		*SS = Silver Sneakers

## PRICING

Fitness Memberships: \$39/mo

Wellness Membership: \$59/mo

Senior Fitness: \$30/month

Silver Sneakers Program: Insurance paid  
Program

Senior SS Access Only: \$15/month

Nutrition: Initial-- \$100  
Follow-up-- \$ 50/session

Personal Training: \$ 45/session

Massage: \$ 75/hr.  
Reformer Private: \$ 60/session

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

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

**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-n-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.

**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. 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.

**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.

**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.

**Stretch + Release** is a guided sequence of stretches designed to lengthen and release tension in muscles after a stressful day or workout.

**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.

**Vin to Yin Yoga** is mix of a gentle vinyasa flow and a nice stretch and release. The first half of class will be standing and will help to build prana while the second half of the class will invite you into a deep relaxation. Here we marry the ideas of vinyasa and yin yoga together and offer you an energizing practice that helps to build, strengthen, and lengthen the muscles.

**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.