




The Wellness Studio
AT PROMOTION

May 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*		Rhythmic Yoga 10:45	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*	
4:30	Restorative Yoga 4:30		Vinyasa Flow 4:30	Pilates 4:30	BodyBurn 4:30		
5:15		Barre Tone 5:15				Wknd Wind- down Yoga 5:15	
5:45			Interval Training 5:45	STRONG 5:45			
6:30		Interval Training 6:30					
7:00			YOGA (not) in the Park—7:00	Sunset Yoga 7:00	Restorative Yoga 7:00		*SS = Silver Sneakers

Announcements/Upcoming Workshops:

Workshop – Join in on our Wellness Talk: Functional Movement and Injury Prevention

Who: Sheri Maxwell, PT

What: Functional Movement and Injury Prevention

When: Saturday, May 9th @ 2:00 pm

Where: Virtually available through MindBody and Zoom

Why: Prepare yourself for a healthy approach to exercise.

Minimize your risk of injury as you learn the fundamental principles of safe exercise.

Cost: FREE for members

\$5 for nonmembers

RESET & RENEW @ The Wellness Studio

Timeline: 6 weeks -- May 17 - June 28th, meetings held on Sundays at 2:00 pm

Reset and Renew. This Reset and Renew will offer you six full weeks of guidance, accountability, and exercise, as well as seven meetings for health/wellness-packed education and support. These meetings will be informative, uplifting, while providing a place of support for you, your fellow members and the community. We would love for you to join us. You are worth the investment!

Cost: \$49

***Unlimited classes are available for an additional \$29 for nonmembers**

Start - May 17 - ANCHOR

Week 1 - May 24 - BALANCE

Week 2 - May 31 - PACE

Week 3 - June 7 - FUEL

Week 4 - June 14 - NURTURE

Week 5 - June 21 - POWER

Week 6 - June 28 - SET

Join the...RESET & RENEW @ The Wellness Studio today!

Join us for a free community offering of Yoga (not) In The Park—every Tuesday at 7pm through May on Zoom—
Get link from MindBody app – search The Wellness Studio at ProMotion in Grayson



EVENTS & UPDATES

Please create an account in our MindBody scheduling system and sign up for classes online

Other services offered include:

***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 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 😊

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.

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.

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 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

<u>Memberships:</u>	Fitness -- \$60/mo	<u>Senior Discount Rates:</u>	Sr. Fitness-- \$50
(ask for details)	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		