



The Wellness Studio
AT PROMOTION

October 2021

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00		Interval Training 8:00					
8:15							Interval Training 8:15
9:30		Yoga Basics 9:30	Ball Fitness 9:30	Kickboxing 9:30	Pilates 9:30	Interval Training 9:30	Vinyasa Flow Yoga 9:30
10:45			Zumba Gold 10:45— <u>SS*</u>		Zumba Gold 10:45— <u>SS*</u>		Barre Tone 10:45
11:00		Cardio Circuit 11:00— <u>SS*</u>				Cardio Circuit 11:00— <u>SS*</u>	
12:00			Chair Yoga 12:00— <u>SS*</u>	Chair Yoga 12:00— <u>SS*</u>	Ener-chi 12:00— <u>SS*</u>	Chair Yoga 12:00— <u>SS*</u>	
4:30	Restorative Yoga 4:30		Vinyasa Flow 4:30	Yoga Pilates Fusion 4:30			
5:45			Kickboxing 5:45		Kickboxing 5:45		
6:30		Interval Training 6:30		Burn and Build 6:30			
7:00/ 7:15			Sunset Yoga 7:00		Reiki-Restorative Yoga & Meditation 7:15		*SS = Silver Sneakers

EVENTS & UPDATES

Announcements/Upcoming Workshops/Events:

Head to Toe Health Habits:

Understanding Foot & Ankle

Join Lisa Gabrielson, PT for an educational Wellness Talk about the foot and ankle. Learn about the unique joints and muscles of the lower leg and how they contribute to optimum function, including balance.

Date: Friday, October 15th @ 5:30 pm

Cost: Members: Free!

Non-Members: \$5.00 per session *Sessions will be offered virtually and IN-studio

Class Changes:

Yoga Basics is no longer offered on Monday mornings

Vinyasa Flow Yoga is returning to 9:30 on Saturday mornings

Barre Tone is returning to 10:45 on Saturday mornings

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 😊

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.

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.

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.

Sunset Yoga guides you through supine and seated poses to help restore your mind, body & spirit. Emphasis will be on stretching and overall destress and relaxation.

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

Memberships: \$39/mo
Per-Class Drop-In Rate: \$12/class

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

Massage: \$ 1/min.
Reformer Private: \$ 60/session

Personal Training: \$ 45/session