

February 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			Noon Yoga 5:00p Pilates 6:15p Chakra Series #4 (Heart) 7:30p Yin Yoga	2 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training	3 8:00a Interval Training Pop-Up! 10:00a Barre Flow 4:30p Weekend Wind Down Yoga	4 8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba 12:00p WORKSHOP Partner Yoga 7:00p WORKSHOP Date Night: Thai Partner Yoga
5 4:15p Restorative Yoga	6 9:45a Yoga Basics 5:15p* Yoga-Barre 6:30p Interval Training *New Time!	7 9:30a Yoga-Pilates 11:00a Meditation Class 4:30p Gentle Yoga 5:45p Zumba 7:00p All Levels Yoga	8 Noon Yoga 5:00p Pilates 6:15p Chakra Series #5 (Throat) 7:30p Yin Yoga	9 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training	10:00a Barre Flow 4:30p Weekend Wind Down Yoga	11 8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba
12 4:15p Restorative Yoga	9:45a Yoga Basics 5:15p* Yoga-Barre 6:30p Interval Training *New Time!	9:30a Yoga-Pilates 4:30p Health & Harmony Yoga 5:45p Zumba 7:00p All Levels Yoga	Noon Yoga 5:00p Pilates 6:15p Chakra Series #6 (Third Eye) 7:30p Yin Yoga	16 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training	10:00a Barre Flow 4:30p Weekend Wind Down Yoga	18 8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba 2:00p WORKSHOP Yoga Kids 3:00p WORKSHOP Yoga Kids
19 4:15p Restorative Yoga	9:45a Yoga Basics 5:15p* Yoga-Barre 6:30p Interval Training *New Time!	9:30a Yoga-Pilates 11:00a Meditation Class 4:30p Health & Harmony Yoga 5:45p Zumba 7:00p All Levels Yoga	Noon Yoga 5:00p Pilates 6:15p Chakra Series #7 (Crown) 7:30p Yin Yoga	23 8:00a Intermediate Yoga 9:30a Pilates 11:45a Chair Yoga – a Silver Sneakers Program 5:00p Yoga 101 6:30p Interval Training	24 8:00a Interval Training Pop-Up Class! 10:00a Barre Flow 4:30p Weekend Wind Down Yoga	8:00a Interval Training 9:15a Vinyasa Flow Yoga 10:30a Zumba
26 4:15p Restorative Yoga	27 9:45a Yoga Basics 5:15p* Yoga-Barre 6:30p Interval Training *New Time!	28 9:30a Yoga-Pilates 4:30p Health & Harmony Yoga 5:45p Zumba 7:00p All Levels Yoga				

Register for all classes and workshops at: www.TheWellnessStudioatProMotion.com in the "Schedule" area. Also at www.ProMotionpt.com 770-554-7977

<u>All Levels Yoga</u> is designed to suit all levels, whether a student is brand new to Yoga or has been practicing for years. You will be guided through a series of traditional yoga poses while exploring their own unique practice.

Barre Flow has plenty of barre and floor work as well as a little Yoga and Pilates, leaving you feeling both energized and relaxed.

<u>Chair Yoga</u> incorporates a wide range of Yoga poses and stretches, ALL done using the support of a chair. This gentle class is designed to help those who need to increase their flexibility, strength and circulation.

<u>Interval Training</u> (previously known as "Circuit Training") incorporates strength training with weights, body weight resistance and cardio intervals mixed in.

<u>Health & Harmony Yoga</u> increases strength, mobility, and peace of mind while practicing beginning Yoga. Flow of breath will be emphasized along with poses which increase core strength and flexibility.

<u>Intermediate Yoga</u> allows participants to take their practice to the next level. Class uses fun and easy tools, such as chairs, blocks and resistance bands to experience poses in unique ways and help you experience poses in a new way.

Meditation will explore different types of meditation and discover it's many benefits. Offered every other Tuesday.

Noon Yoga invites you to take a mid-day break and renew with a practice that has heavy emphasis on hip openers and hamstring releases.

<u>Pilates</u> focuses on core strength and all the other principles of Pilates, with stretching being the final focus of this class. This class will help develop the body by strengthening and lengthening muscles, while restoring physical vitality and correcting postures.

Restorative Yoga guides you through supine and seated poses to help restore your mind, body & spirit.

<u>Vinyasa Flow Yoqa</u> 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.

<u>Weekend Wind Down Yoqa</u> is the perfect treat to find a sense of balance and serenity while gaining core strength and flexibility after a long week.

<u>Vin Yoqa</u> helps to relax the muscles, getting into joints and the deep connective tissues around them.

<u>Yoga 101</u> teaches the very basics of this 5,000-year-old way to connect your mind and body. Learn to be more comfortable with Yoga, and gain confidence as you grow with your new practice.

<u>Yoga-Barre</u> combines core strengthening, flexibility and muscle lengthening of a Barre class with the strength, stretching and calming effects of Yoga. This class will be 25-minutes of barre and floor work, followed by 30-minutes of Yoga with the traditional Savasana (rest & relaxation) to round out the class.

<u>Yoga Basics</u> 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.

<u>Yoga-Pilates</u> is the perfect blend of Yoga and Pilates. Class allows plenty of toning and strengthening work, while offering a great deal of stretching, balance work and mindful breathing.

<u>Zumba</u> is a dance fitness class featuring simple dance moves and music from all over the world! Zumba combines high energy and motivating music to create a dance party atmosphere. It's a fun and effective workout so come join the party!

Chakra Series Classes: Wednesdays, 6:15p. Join Merly for an hour as she continues to work through the four remaining Chakras (1-3 were in January – feel free to jump in!). Chakras are energy centers in our bodies that affect us physically, emotionally, and spiritually. In this unique set of classes, participants will go through a sequence of yoga poses, visualization, mantras, and breathing techniques to assist in bringing balance to each of the Chakra locations in the energy body. These classes will offer a level of intensity that will open and balance the Chakras. This series is intended for the seasoned yogi but plenty of modifications will be offered for all levels of yogis. Classes are \$12.00 each or \$5.00 for TWS Member.

Partner Yoga: Saturday, February 4th, 12:00p-1:30p with Sonya Cousino. Whether you are an experienced Yogi or have never even thought about doing Yoga, this workshop will be fun AND beneficial. Experience poses to a different intensity with the assistance of a partner. Bring your workout buddy, your child (over 15 years of age please), your best friend or significant other and prepare to receive the benefits of Yoga. ***Bring a water bottle, a mat and wear stretchy, "yoga type", clothing. Email any questions to Sonya@agelesspractice.net. Cost is \$40.00 per pair/couple.

Date Night - Partner Thai Yoga: Saturday, February 4th, 7:00p-9:00p -with Sonya Cousino. Mark your calendar and prepare for a FUN and relaxing evening! Learn simple techniques of Thai Yoga Bodyworks (a type of massage) to share with your partner in this two-hour workshop. Touch is our most important sense - learn how healthy touch strengthens relationships. Thai Yoga Bodywork promotes mobility as well as healing. Spots are limited. Cost: \$50.00 per pair/couple.

Yoga Kids: Saturday, February 18th, at 2:00p and 3:00p with Erin Baxter. A 45-minute yoga workshop that specifically addresses the needs and capabilities of children 6-12 years of age. These Workshops will foster peacefulness, happiness, a sense of community, flexibility, coordination, and body awareness while increasing concentration and self-esteem. Space is limited to the first eight kids. Wear comfortable clothing, bring your smiles and come early to fill out a waiver. Email any questions to Erin (humblewarriorerin@gmail.com). Space is limited. Cost is \$10 per child