

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00		Interval Training 8:00					
8:15							Interval Training 8:15
9:30			Ball and Plank 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>		
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			
5:30		Interval Training 5:30		Burn and Build 5:30			
6:00			Kickboxing 6:00		Kickboxing 6:00		
7:00/ 7:15			Sunset Yoga 7:00		Reiki-Restorative Yoga & Meditation 7:15		*SS = Silver Sneakers

EVENTS & UPDATES

Class Changes:

- Burn and Build on Wednesdays is moving earlier to 5:30
- Interval Training on Mondays is moving earlier to 5:30
- Kickboxing on Tuesdays/Thursdays is moving later to 6:00
- Interval Training on Fridays is no longer available at 9:30

Pop-up Class:

-Reward yourself after the hustle and bustle of the holidays and join us for Tai Chi with Cindy Ball, certified by the American Tai Chi and Chigong Association. This class will be Friday, January 28th at 6:00 and is a FREE event

* Be looking on Wellness Living “Achieve” app for pop up classes throughout the month

***Nutrition *Massage *Private Reformer Sessions *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

Ball and Plank is a strength and mobility combination class for variety in your workout routine.

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 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>Fitness Memberships:</u>	\$39/mo	<u>Senior Fitness:</u>	\$30/month
		<u>Silver Sneakers Program:</u>	Insurance paid program
<u>Nutrition:</u>	Initial-- \$100	<u>Massage:</u>	\$ 1/min.
	Follow-up-- \$ 50/session	<u>Reformer Private:</u>	\$ 60/session
<u>Personal Training:</u>	\$ 45/session		