

| | Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|-------|--------------------------|---------------------------------|---------------------------------|---|---|---------------------------------|----------------------------------|
| 8:15 | | Interval Training 8:15 | | Intermediate Yoga 8:15 | Sunrise Yoga 8:15 | | Interval Training 8:15 |
| 9:30 | | Yoga Basics 9:30 | Pilates 9:30 | | Pilates 9:30 | Cardio Burn 9:30 | Vinyasa Flow Yoga 9:30 |
| 10:45 | | Zumba Gold 10:45— SS* | | | Zumba Gold 10:45— SS* | | Zumba/Barre Tone 10:45 |
| 11:45 | | Chair Yoga 11:45— SS* | Chair Yoga 11:45— SS* | Strength & Balance 11:45— SS* | Strength & Balance 11:45— SS* | Chair Yoga 11:45— SS* | |
| 4:30 | Cardio Burn 4:30 | | Vinyasa Flow 4:30 | Pilates 4:30 | Flex & Abs 4:30 | | |
| 5:15 | | Barre Tone 5:15 | | | | Wknd Wind-down Yoga 5:15 | |
| 5:45 | Restorative Yoga 5:45 | | Cardio Burn 5:45 | STRONG by Zumba 5:45 | Flex & Abs 5:45 | | |
| 6:30 | | Interval Training 6:30 | | | | | |
| 7:00 | | | Cardio Burn 7:00 | Barre Tone 7:00 | Restorative Yoga 7:00 | | *SS = Silver Sneakers |

EVENTS & UPDATES

Announcements/Upcoming Workshops:

Pelvic Floor Workshop---Sunday, September 15th 2:00-3:30 pm

Understand some of the basics of the pelvic floor and how to improve its functioning. There are things you can do—you don't have to "Go with the flow." Offered by the physical therapy staff at ProMotion Physical Therapy.

Cost: FREE to members; Nonmembers-- \$12

Women's Wellness Challenge---Sundays, September 22-October 27th, 2:00-4:00 pm

Do you feel like you operate reactively for most things in your life? Especially your health and wellness? Let's take a more proactive approach to your health. When you know better you do better.

We will cover topics like—Fitness—Injury Prevention—Women's Mental Health—Gynecological Health
6 weeks of Unlimited Fitness Classes - Wellness Talks - Private Support Group - Daily Motivations and Challenges to help keep you engaged in the process.

Cost: TWS Members - \$39; Non-Members - \$99

Sound Therapy Workshop - Saturday, September 28th 2:00-4:00 pm

Come and enjoy an amazing experience with Trupti Sahn, International Sound Healer. Great for stress reduction, deep relaxation, and activation of the body's healing process.

Cost: \$30.00 per person. Space is limited. Register on MINDBODY.

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

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

Other services offered include:

***Nutrition *Massage *Private Reformer Work *Personal Training * Preventative Care**

CLASS DESCRIPTIONS

Barre Stretch This slow paced, 45-minute class will focus on flexibility of hips and hamstrings, being very intentional about form. This class will improve balance, flexibility, body awareness and posture.

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 😊

Cardio Burn Get your toning and cardio fix in the same hour. This class will take you through fun, upbeat cardio songs to get your heart rate pumping AND push you to the burn of muscle fatigue, all with a little dance in your step.

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.

Flex & Abs An extremity challenging and cardio cross training class. The first half of class will focus on strengthening the muscles in the arms and legs, utilizing dumbbells, barbells and resistance bands, rounded out with intense ab work for the second half of the class

Gentle Yoga This class will focus on alignment and gentle poses. This is a great class to help ease you into the rest of your day and week.

Intermediate Yoga A warm setting to flow from pose to pose a little more quickly, with less time for rest or detailed instructions. This class is going to increase your strength and flexibility and will deepen your appreciation of yoga.

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 by Zumba combines body weight muscle conditioning, cardio and plyometric training synced to original music designed to match every move.

Sunrise Yoga Rise and shine with a gentle morning Yoga practice....a great way to ease into your day. Focus will be on connecting breath with movement as well as alignment

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

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

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|--------------------------------|-------------------|------------|-------------------------------|------------|------|
| <u>Memberships:</u> | Fitness -- | \$55/mo | <u>Senior Discount Rates:</u> | Fitness-- | \$50 |
| (ask for details) | Wellness-- | \$69/mo | | Wellness-- | \$62 |
| | Studio Pkg-- | \$39/mo | | Drop-In-- | \$ 9 |
| <u>Per-Class Drop-In Rate:</u> | | \$12/class | | | |
| <u>Student Discount Rate:</u> | Unlimited Basic-- | \$39 | | | |
| <u>Parent/Child Rate:</u> | Unlimited Basic— | \$79 | | | |