

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:00							Interval Training 8:00
8:15		Interval Training 8:15		Vinyasa Flow 8:15	All Levels Yoga 8:15	All Levels Yoga 8:15	
9:15							Vinyasa Flow Yoga 9:15
9:30		Yoga Basics 9:30	Fit-n-Flex 9:30	Barre Tone 9:30	Fit-n-Flex 9:30	Cardio Burn 9:30	
10:30	New Class!						Zumba 10:30
11:45		Zumba Gold 11:45—SS*	Pilates 11:45	Strength & Balance—SS* 11:45	Chair Yoga—SS* 11:45	Chair Yoga—SS* 11:45	
4:30			All Levels Yoga 4:30		Barre Tone 4:30		
5:15		Pilates-Barre 5:15		Pilates-Barre 5:15		Cardio Burn 5:15	
5:45			Cardio Burn 5:45		Fit-n-Flex 5:45		
6:30		Interval Training 6:30		STRONG by Zumba			
6:45	Restorative Yoga 6:45						
7:00					Restorative Yoga 7:00		*SS = Silver Sneakers
7:45		Restorative Yoga 7:45					

## Announcements/Workshops:

### Mindfulness During the Holiday Season -Saturday, Nov. 3rd 1:00-3:00 pm

Give yourself the gift of wellness this holiday season!

Come and take some time to relax and improve your emotional and physical well-being.

Mindfulness has been proven to decrease stress, blood pressure, chronic pain, depression/anxiety and improve sleep. Light refreshments and healthy snacks provided.

Cost: \$30 Early Bird.... \$40 at the door

### 12 Sprays of Christmas - Friday, Dec. 7th 7:00-9:00 pm

Love all of the scents of the holidays? Come enjoy a festive evening together creating holiday scents that can be shared for the holidays as gifts! These make wonderful teacher, hostess or coach gifts. Hope to see you there for this joyful event! Please RSVP by November 28th.

Cost: \$6.00 per bottle or 3/\$15. Light refreshments will be served.

### Coming in January - Brand NEW 4-week Nutrition Workshop to help you crush your goals in the New Year! Stay tuned!

**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](http://www.TheWellnessStudio.com) in the "Schedule" area. Also at [www.ProMotionpt.com](http://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 😊

Pilates Barre is an hour-long class is a Barre and Pilates fusion. Toning and strengthening your legs, butt and arms, while also focusing on those core "powerhouse" muscles. All the movements within this class are low impact and super controlled to reduce pressure on your joints and tendons.

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.

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.

Fit-n-Flex An extremity challenging and cardio cross training class. We will be focusing on strength and power and getting that heart rate up. Throughout this class we will utilize your own bodyweight, dumbbells, barbells and the step for a well-rounded full body 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.

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.

Thai Restorative is a sweet fusion of restorative and Thai Bodywork—guidance and support are offered in yoga positions allowing you to recover and rejuvenate while quieting your mind.

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.

PRICING

Memberships: Fitness -- \$55/mo  
 (ask for details) Wellness-- \$69/mo  
 Studio Pkg-- \$39/mo

Per-Class Drop-In Rate: \$10/class

Senior Discount Rates: Fitness-- \$50  
 Wellness-- \$62

Drop-In-- \$ 9

Student Discount Rate: Unlimited Basic-- \$39

Parent/Child Rate: Unlimited Basic— \$79

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

Massage: \$ 1/min.

Reformer Private: \$ 60/session