

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:15		Interval Training 8:15			Power Yoga 8:15		Interval Training 8:15
9:30		Yoga Basics 9:30	Pilates 9:30	Yoga Barre 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>		Cardio/Barre 10:45
11:45		Chair Yoga 11:45— <u>SS*</u>	Chair Yoga 11:45— <u>SS*</u>	Strength & Balance 11:45— <u>SS*</u>	Strength & Balance 11:45— <u>SS*</u>	Chair Yoga 11:45— <u>SS*</u>	
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	Sunset Yoga 7:00	Restorative Yoga 7:00		*SS = Silver Sneakers

### Announcements/Upcoming Workshops:

**Balance Your Chakras with Yoga and Essential Oils** - Saturday, 11/2 - 2:00-4:00 pm

Take a journey through the 7 Chakras (energy centers of the body) Intentional selection of Yoga poses and essential oils help bring balance to each Chakra. Each student will take home a special blend of essential oils in a roller ball.

**Members \$18**

**Non-Members \$20**

Please secure your spot by 10/28.

**Gingerbread House Workshop** - Saturday, 11/9 - 1:00-3:00 pm

Join us as we welcome the holiday season with fun gingerbread house decorating.

**Members \$20**

**Non-Members \$30**

**Sound Therapy Small Group Session** - Saturdays 11/9, 11/16, 11/23 and 12/7 5:30-6:30 pm

Trupti Shah will take a maximum of 5 participants for this extreme wellness-focused series of *four* Sound Therapy Sessions. Cost is \$160.00 for the entire 4-week series. [Kellyl@promotionpt.com](mailto:Kellyl@promotionpt.com) to secure your spot or with questions.

#### Coming in December:

**12 Sprays of Christmas:** with doTERRA essential oils - Sunday, 12/8 - details coming soon!

**Drop and Shop:** Dec. 7 & Dec. 14 from 12:00-4:00 pm. Fun for the kiddos, focused shopping outing for the parents!

#### Coming in January:

**Nutrition For Life** with Mindy Belcher, MS, RDN, LD - Sunday, 1/12 - Sunday 2/5 - more details coming soon (check our website to see info).

**Wellness Talk with ProMotion Physical Therapy Staff: Arthritis** - date TBA

**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

**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

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.

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 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>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		