

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

## Announcements/Workshops:

### **New Year Nutrition Workshop - January 13<sup>th</sup>-February 3<sup>rd</sup>, Sundays at 2:00 pm**

Are you putting in the hard work in the studio and not seeing the results you want to see? Do you want to know exactly what to eat and when?

Join Registered Dietitian and Fitness Instructor, Mindy Belcher for this 4-week Nutrition Workshop. She will teach you an eating plan that you can follow for LIFE!

**Cost: Non-Members - \$100.00 (includes unlimited fitness classes in the studio for 4 weeks) Members - \$50.00**

### **2019 Vision Board Workshop: Saturday, 1/19 7:00 - 9:00 pm**

Set your intentions and make it happen in 2019!

Join Emily Knife for an evening of meditation, restorative yoga and creating vision boards!

**Cost: \$10.00 per person. Space is limited to 20 participants.**

**Coming in February -- our ever-popular Partner Yoga Night Out!**

**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.

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.

Stretch and Relax will help stretch out those tired, sore muscles. This class will address major muscle groups for increased flexibility, reduced muscle tension, and overall relaxation from the day (45 min)

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.

Warm Yoga is a 60 min heated (78-80 degrees) Vinyasa Flow Yoga class. The purpose of this class is to promote perspiration in order to detoxify the body, improve flexibility, burn calories, reduce stress, and improve circulation.

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

<u>Memberships:</u> (ask for details)	Fitness --	\$55/mo	<u>Senior Discount Rates:</u>	Fitness--	\$50
	Wellness--	\$69/mo		Wellness--	\$62
	Studio Pkg--	\$39/mo			
<u>Per-Class Drop-In Rate:</u>		\$10/class		<u>Drop-In--</u>	\$ 9
			<u>Student Discount Rate:</u>	Unlimited Basic--	\$39
			<u>Parent/Child Rate:</u>	Unlimited Basic—	\$79
<u>Nutrition:</u>	Initial--	\$100	<u>Massage:</u>		\$ 1/min.
	Follow-up--	\$ 50/session	<u>Reformer Private:</u>		\$ 60/session