

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:15		Interval Training 8:15			TIME CHANGE		Interval Training 8:15
8:30					Power Yoga 8:30		
9:30		Yoga Basics 9:30	On the Ball Yoga 9:30	Kickboxing 9:30	Zumba Gold 9:30 — <b>SS*</b>	Interval Training 9:30	Vinyasa Flow Yoga 9:30
10:45			Zumba Gold 10:45 — <b>SS*</b>	Rhythmic Yoga 10:45	Pilates 10:45		Barre-Tone 10:45
11:00		Cardio Circuit 11:00 — <b>SS*</b>				Cardio Circuit 11:00 — <b>SS*</b>	
12:00			Chair Yoga 12:00 — <b>SS*</b>	Strength & Balance 12:00 — <b>SS*</b>	Ener-chi 12:00 — <b>SS*</b>	Chair Yoga 12:00 — <b>SS*</b>	
4:30	Restorative Yoga 4:30		Vinyasa Flow 4:30	Yoga Pilates Fusion 4:30	Body Burn 4:30		
5:15		On the Ball Yoga 5:15				Wknd Wind- down Yoga 5:15	
5:45			Kickboxing 5:45				
6:30		Interval Training 6:30		Burn and Build 6:30			
7:00/ 7:15			Sunset Yoga 7:00		Reiki-Restorative Yoga & Meditation 7:15	TIME CHANGE	<b>*SS = Silver Sneakers</b>

## Announcements/Upcoming Workshops/Events:

### We are excited to welcome our newest instructor to TWS, Marion Candino

Marion is a 14-year experienced personal trainer and comes from a 17-year nursing background. She is well-rounded in her fitness journey, which includes competitive bodybuilding and sport.

### Head to Toe Health Habits: *Issues related to the Neck*

\*Date of SECOND Head to Toe Health Habits Talk: Saturday, February 27th. 2:00 pm.

Cost: Free to Wellness Studio Members (see website for details)

Non-Members: **\$5.00 per session** (sessions are at the end of each month)

Or pay \$49.00 for access to the entire year's sessions.

\*Sessions will be offered virtually and IN the studio with limited seating (as safety permits).

Email [Kellyl@promotionpt.com](mailto:Kellyl@promotionpt.com) to register OR Register in MINDBODY.

### Class Changes:

**Added-- Kickboxing!! Now offered Tuesday evenings at 5:45 and Wednesday mornings at 9:30**

**Changed-- Monday evenings at 5:15 will change from Barre Tone to On the Ball Yoga**

*Thursday mornings Power Yoga will change from 8:15 to 8:30*

*Thursday evenings Reiki Restorative will change from 7:00 to 7:15*

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 😊

BodyBurn This 45 min class is designed to build full body strength using dumbbells, body weight, resistance loops, sliders, and more. All fitness levels welcome.

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.

On The Ball Yoga This class will incorporate a stability ball into our Yoga practice. Participants will have fun while exploring their practice in new ways. All levels welcome! Class time- 45 minutes

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.

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.

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.

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 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.

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>Memberships:</u> (ask for details)	Fitness --	\$60/mo	<u>Senior Discount Rates:</u>	Sr. Fitness--	\$50
	Wellness--	\$75/mo		Sr. Wellness--	\$64
	Studio Pkg--	\$45/mo		Sr. Studio Pkg--	\$39
<u>Per-Class Drop-In Rate:</u>		\$12/class		Sr. Drop-In--	\$10
<u>Student Discount Rate:</u>	Unlimited Basic--	\$39			
<u>Parent/Child Rate:</u>	Unlimited Basic—	\$79			