

	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— <b>SS*</b>			Zumba Gold 10:45— <b>SS*</b>	Gentle Yoga 10:45	Cardio/Barre 10:45
11:45		Chair Yoga 11:45— <b>SS*</b>	Chair Yoga 11:45— <b>SS*</b>	Strength & Balance 11:45— <b>SS*</b>	Strength & Balance 11:45— <b>SS*</b>	Chair Yoga 11:45— <b>SS*</b>	
4:00	Restorative Yoga 4:00						
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		<b>*SS = Silver Sneakers</b>

## Announcements/Upcoming Workshops:

### Class changes:

Due to high demand, check out the added Restorative Yoga time on Sundays @ 4:00, as well as the Gentle Yoga on Fridays @ 10:45.

**Nutrition For Life** with Mindy Belcher, MS, RDN, LD - **Sunday, 1/12<sup>th</sup> through Sunday 2/5<sup>th</sup>** - This 4 week workshop covers a proven Nutrition Plan that will help you feel your best and provide the tools for putting this plan into sustained action. You will receive a customized nutrition plan that is tailored to you. You will also receive the tools you need to follow the plan with supporting resources and measuring tools to help you maintain portion control. I will be there every step of the way to answer questions. There will be an on-line support group established that will provide daily tips, a place to share ideas, recipes, meal/snack examples and more.

The 2020 workshop will include more mindset and intuitive eating aspects to help you transition your plan into consistent ACTION.

Cost: Nutrition workshop on it's own: \$110.00 (Wellness Studio Members get 10% discount) Nutrition workshop PLUS month of unlimited classes (to be used during the course of the workshop) : \$139.00

### **Wellness Talk with ProMotion Physical Therapy Staff: – Arthritis -- January 18<sup>th</sup>, 2:00-3:30 pm**

What exactly is arthritis? What should I expect if I have been given the diagnosis? What can I do about it to help myself? Come listen, learn, and have some questions answered about this all-too-common diagnosis.

Cost: \$12.00

\*no cost for Wellness Studio members

**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 😊

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 is a great class for a beginner, or for anyone who wants to spend an hour in a calm, grounding and peaceful atmosphere. Students will be guided through a series of gentle poses designed to support the body, mind and spirit with a little TLC.

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 -- \$60/mo	<u>Senior Discount Rates:</u>	Sr. Fitness-- \$50
(ask for details)	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		