

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
8:15		Interval Training 8:15					Interval Training 8:15
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>	Barre Tone 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					
5:45			Kickboxing 5:45				
6:30		Interval Training 6:30		Burn and Build 6:30			
7:00/ 7:15			Yoga in The Park 7:00		Reiki-Restorative Yoga & Meditation 7:15		*SS = Silver Sneakers

### Announcements/Upcoming Workshops/Events:

#### **Head to Toe Health Habits:**

Stay tuned for the next topic to be in *June*--- **Low Back and Core**

**Yoga in the Park** - Tuesdays at 7:00 pm through the end of May.

All ages and all levels welcome to come enjoy FREE yoga in the park sponsored by the Wellness Studio at ProMotion. Please BYOM (bring your own mat) some water....and maybe a beach towel to lay underneath it).

Please arrive by 6:45 pm to ensure time to fill out a waiver and find a spot.

Location: Grayson City Park

**Balancing Your Chakras with Yoga and Essential Oils:** Has been rescheduled to June. Check back for date

We will take a journey through the 7 Chakras (energy centers of the body) using various Yoga poses. We will also be using essential oils (as aromatherapy or topically) along with our Yoga poses to help bring balance to each Chakra. Each student will take home a special blend of essential oils in a roller ball. Cost is \$20.00 per person. Please secure your spot by 04/15.

Register in MINDBODY or email [kellyl@promotionpt.com](mailto:kellyl@promotionpt.com)

#### **Class Changes:**

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 😊

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.

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			