



Where fun and fitness meet!

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SCHEDULE

Monday			
Time	Class	Price	Studio
10:00 - 10:50 a.m.	Pilates Reformer - machine workout	EQUIP	3
4:00 - 4:50 p.m.	Hatha Yoga	MYD	2
6:00 - 6:50 p.m.	Fat Burner Reformer-interval work	EQUIP	3
6:15 - 7:00 p.m.	1.5 Pilates Mat & Pilates Barrel	MYD	1
6:20 - 7:00 p.m.	Buns & Guns	MYD	2
7:05 - 8:05 p.m.	Zumba	MYD	1
Tuesday			
Time	Class	Price	Studio
9:15 - 10:05 a.m.	Level 1.5 Pilates Matwork	MYD	1
5:00 - 5:50 p.m.	Pilates4Everyone w/Pilates Props (For Everyone)	MYD	1
6:00 - 7:00 p.m.	Reformer & Chair "The Perfect Pair"	EQUIP	3
6:00 - 7:00 p.m.	Hatha Yoga	MYD	1
6:00 - 7:00 p.m.	Meet Me @ The Barre (Ballet)	MYD	2
7:10 - 8:10 p.m.	Belly Dance	MYD	2
7:10 - 8:10 p.m.	Jazz	MYD	1
8:20 - 9:20 p.m.	Pole Dance: The Art of Exotic Pole Dance	POLE	1
Wednesday			
Time	Class	Price	Studio
9:15 - 10:15 a.m.	Mind Body Motion Cardio	MYD	1
10:30 - 11:30 a.m.	Hatha Yoga	MYD	1
6:00 - 7:00 p.m.	Hatha Yoga	MYD	1
6:20 - 7:00 p.m.	Buns & Guns w/weighted aerobic bars	MYD	2
7:10 - 8:10 p.m.	Zumba	MYD	2
7:10 - 8:10 p.m.	Hip Hop Don't Stop	MYD	1
8:15 - 9:15 p.m.	Chair Dance Fun! September 8 - September 29	MYD	1
Thursday			
Time	Class	Price	Studio
5:00 - 5:50 p.m.	Pilates Strength	MYD	1
6:00 - 6:50 p.m.	Pilates Matwork 1	MYD	2
6:00 - 6:50 p.m.	Mind Body Motion Cardio	MYD	1
6:30 - 7:20 p.m.	Pilates Reformer & Chair "The Perfect Pair"	EQUIP	3
7:00 - 8:00 p.m.	Pole Dance: Climbing&Inversions (instructor approval) or Spins&Kicks - rotation every 4 weeks	POLE	1
7:00 - 7:50 p.m.	PushUrTush/Ab Attack Pilates 2	MYD	2
8:10 - 9:10 p.m.	Pole Dance: Spins&Kicks or Climbing&Inversions (instructor approval) - rotation every 4 weeks	POLE	1
Friday			
Time	Class	Price	Studio
9:15 - 10:05 a.m.	Fat Burner Reformer & Chair "The Perfect Pair"	EQUIP	3
10:15-11:05 a.m.	Small Group Reformer	EQUIP	3
2:30 - 3:30 p.m.	Gentle Beginners Yoga	MYD	1
5:45 - 6:30 p.m.	Pilates Strength plus Spine Corrector (begins September 10)	MYD	2
6:15 - 7:15 p.m.	Vinyasa Yoga	MYD	1
Saturday			
Time	Class	Price	Studio
7:50 - 8:40 a.m.	PushUrTush/Ab Attack Pilates 2	MYD	1
8:50 - 9:40 a.m.	Pilates Matwork 1	MYD	1
9:00 - 10:00 a.m.	Small Group Reformer	EQUIP	3
9:00 - 10:00 a.m.	Zumba	MYD	2
10:05 - 10:45 a.m.	Pump 'n' Jump	MYD	1
10:15 - 11:15 a.m.	NIA (begins September 11)	MYD	2
Sunday			
Time	Class	Price	Studio
10:30 - 11:30 a.m.	Yoga Chikitsa	MYD	1