

STUDIO 2 SCHEDULE | FEBRUARY

MONDAY

TIME	CLASS	INSTRUCTOR
7:00-8:00am	Barre Power \$	Mariah
9:15-10:15am	Heated Power Yoga	Stephanie
2:00-3:00pm	PSOX	
5:00-6:15pm	Yoga for Runners, Hikers, Bikers (all levels)	Colleen
6:30-7:30pm	Tai Chi (all levels)	Ken
8:00-9:00pm	PSOX	

TUESDAY

TIME	CLASS	INSTRUCTOR
5:30-6:30am	Heated Power Yoga (all levels)	Alex
8:00-9:00am	LES MILLS BODYJAM	Megan
9:00-10:15am	Prana Vinyasa Flow (all levels)	Kimberly
10:30-11:45am	Gentle Yoga (beginner)	Marsha
4:30-5:30pm	LES MILLS BODYFLOW	Jill
5:30-6:30pm	Barre Power \$	Mariah
6:30-7:30pm	ZUMBA	Sunny/Kimberly
8:00-9:00pm	PSOX	

WEDNESDAY

TIME	CLASS	INSTRUCTOR
9:15-10:30am	Heated Cardio Yoga \$	Stephanie
10:30-11:30am	Barre Power \$	Mariah
2:00-3:00pm	PSOX	
4:30-5:30pm	Nia	Barbara
5:30-6:30pm	LES MILLS BODYJAM	Brittany
8:00-9:00pm	PSOX	

THURSDAY

TIME	CLASS	INSTRUCTOR
12:15-1:15pm	ZUMBA	Lindsey
4:30-5:30pm	LES MILLS BODYFLOW	Cat
6:00-7:00pm	Heated Power Yoga (all levels)	Alex
8:00-9:00pm	PSOX	

FRIDAY

TIME	CLASS	INSTRUCTOR
8:00-9:00am	ZUMBA	Gretel
9:00-10:15am	Prana Vinyasa Flow (all levels)	Kimberly
12:00-1:00pm	Barre Power \$	Mariah
2:00-3:00pm	PSOX	
5:00-6:00pm	Hatha Alignment	Andrea
8:00-9:00pm	PSOX	

SATURDAY

TIME	CLASS	INSTRUCTOR
9:00-10:00am	Heated Power Yoga (all levels)	Emily
10:30-11:30am	Nia	Barbara
8:00-9:00pm	PSOX	

SUNDAY

TIME	CLASS	INSTRUCTOR
11:00-12:00pm	LES MILLS BODYFLOW	Cat
12:00-1:00pm	ZUMBA	Sunny
8:00-9:00pm	PSOX	

★ New Class

Yellow Boxes - Class Participation LOW

HEATED CARDIO YOGA WORKSHOP

If you love yoga and you want to take your energy level to a higher place, this is the class for you. Cardio yoga will challenge you mentally and physically by pushing you further than you thought possible. Cardio yoga will go through basic yoga postures while adding cardio with high intensity interval training. Focusing on total body toning while increasing endurance and cardiovascular strength. A yoga background for this class is not necessary but the class intensity will be at an intermediate level. It will be heated with motivating music to help facilitate a challenging and motivating experience.

Registration required prior to class: \$10 members, \$14 non-members. Please sign up at the front desk.

BARRE POWER

Barre fitness classes are not just another trend. The Barre Technique thins your thighs, lifts your seat, flatters your abs and tones your arms, all while utilizing the basics of ballet on the barre!

Led by Pilates Instructor Mariah Spalding.

First Class FREE! | Members: \$7 drop in, \$50 for 10 classes | Non-members: \$10 drop in, \$90 for 10 classes | Please sign up at the front desk.

BODY FLOW

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODY JAM

An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Trained instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center, and get high on the feeling of dance.

GENTLE/RESTORATIVE YOGA

Restorative Yoga is a relaxing style of Yoga that uses passive postures that restore energy rather than deplete energy. It is beneficial to those needing relief from stress, recovering from illness or injury, needing support during periods of life transitions or just simply want to relax. The class focuses on: (1) Pranayama work – breath techniques that increase lung capacity and release tensions held in the body; (2) Gentle repetitive movement – increase circulation to the larger superficial skeletal muscles and the major joints (3) Restorative postures – poses that use props to relax without effort. (4) Savasana – a final deep relaxation. Join us- your body will thank you by gaining an awareness that helps you practice the art of letting go and staying in the present moment.

HATHA ALIGNMENT

Flowing with grace, following your heart and stepping into the flow with this unique style of hatha yoga celebrates the artistic expression of the human heart with the scientific principles of biomechanics. Each student is offered the opportunity to step into and celebrate their own unique gifts from the inside out. Principles and ideals focused with the intention of an Anusara style.

HEATED POWER YOGA

This class is an invigorating strength oriented yoga class. It focuses on breath and will continually challenge your strength, balance and stamina no matter what level you are at in your practice. It is a 60 minute, challenging full body workout designed to make you sweat, utilizing the body for resistance strength training. It would be a great addition to any active lifestyle.

NIA

Nia is a fun and effective mind-body fitness program, integrating the power of martial arts, the stillness of Tai Chi, the playfulness of dance and the flexibility and concentration of yoga. Nia is for every fitness level, every age, and every mind. Come experience the fun!

P90X

P90X features 12 comprehensive & demanding workouts - each designed with a specific fitness objective. There is no instructor in this class... instead the program will be projected on the wall in Studio 2. Workouts are rotated throughout the month for optimal results!

PRANA VINYASA FLOW

The word Vinyasa means “breath-synchronized movement.” The teacher will instruct you to move from one pose to the next on an inhale or an exhale. This technique is called Vinyasa Flow because of the smooth way that the poses run together and become like a dance.

TAI CHI

Tai chi, which originated in China as a martial art, is a mind-body practice in complementary and alternative medicine (CAM). Tai chi is sometimes referred to as "moving meditation"—practitioners move their bodies slowly, gently, and with awareness, while breathing deeply.

YOGA FOR RUNNERS, HIKERS AND BIKERS

If you think you are not flexible enough to take yoga, this class is for you. Yoga for runners, hikers and bikers is geared toward relieving tight muscles due to these activities. The focus of this class is to actively release the muscles and find balance within the musculoskeletal system. The benefits of this class will enhance your overall comfort level in these sports.

ZUMBA

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked.

Please note: *Classes highlighted in yellow are on the “watch list.” These classes have had low participation and are in jeopardy of being discontinued. In order to make the most efficient use of our studio space, we may discontinue classes if there are under ten participants for more than a month. Thank you for understanding.*