

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
7:30					Interval Training 7:30		
8:00							Interval Training 8:00
9:00							Vinyasa Flow Yoga 9:00 Pop Ups
9:30		Gentle Yoga 9:30		Gentle Vinyasa Flow 9:30		Gentle Yoga 9:30	
10:00							Barre Tone "Pop-ups" Pop Ups
10:30			Zumba Gold 10:30— <u>SS</u> *		Zumba Gold 10:30— <u>SS</u> *		
10:45				Mat Pilates 10:45			
11:45		-SS Classic- 11:45— <u>SS</u> *	-SS Classic- 11:45— <u>SS</u> *	Strength & Balance 11:45- <u>SS</u> *	Strength & Balance 11:45— <u>SS</u>*	-SS Classic- 11:45— <u>SS</u> *	
4:30						Stretch + Release 4:30	
5:30		Interval Training 5:30		Burn and Build 5:30			
6:00			Kickboxing 6:00		Kickboxing 6:00		
6:30				Stretch & Release 6:30			
7:00	Restorative Yoga		Guts and Butts 7:00				<u>*SS =</u> Silver Sneakers
7:15							

PRICING

Fitness Memberships: \$54/mo

Senior Gold (all class access): \$39/month
(ages 65+)

Wellness Membership: \$74/mo

Silver Sneakers Program: Insurance paid program

Senior SS Access Only: \$20/month

Massage: \$ 85/ 60 min
\$125/ 90 min

Reformer Private: \$ 75/session

Personal Training: \$ 450/10 sessions (\$45/session)
\$ 235/ 5 sessions (\$47/session)

***Massage *Private Reformer Sessions *Personal Training *Preventative Care**

Register for all classes and workshops at: www.TheWellnessStudio.com in the
“Schedule” area. Also at 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

Burn + 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

SS Classic This class is a 45-60 minute workout designed for older adults to improve muscle strength, flexibility, and daily living skills. It features seated and standing exercises using a chair for support. This is a **Silver Sneakers**/Flex program.

Gentle Yoga focuses on alignment and gentle poses. This is a great class to help ease you into the rest of your day and weekend.

Guts and Butts targets your glutes and abs in this moderate intensity floor work to tighten and tone for strength and shape.

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.

Mat Pilates is a strengthening workout that focuses on the core to help support good posture and to help learn how to engage a stable base to build strength in other areas.

Restorative Yoga helps you experience a deep state of rest, relaxation, and rejuvenation. This class is a great complement to other yoga styles/exercise and is suitable for practitioners of all levels.

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

Stretch + Release is a guided sequence of stretches designed to lengthen and release tension in muscles after a stressful day or workout.

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.

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.