



# STUDIO 82

## January 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>9:30</u> MONDAY MORNING MASH UPS	<u>9:30</u> ALL LEVEL YOGA FLOW	<u>9:30</u> SPIN STRENGTH CORE	<u>9:30</u> ALL LEVEL YOGA FLOW	<u>9:30</u> BOOT CAMP FOR LADIES	<u>8:45</u> SPIN  <u>9:30</u> HOUR OF POWER
<u>6:30</u> SPIN	<u>6:30</u> HOUR OF POWER	<u>6:30</u> SPIN	<u>6:30</u> SPIN		<b>Sunday</b>
<u>7:30</u> PILATES BARRE	<u>7:30</u> HOT YOGA	<u>7:30</u> HIGH INTENSITY DRILLS	<u>7:30</u> HOUR OF POWER		<u>9:30</u> SUNDAY MORNING RISE AND SHINE !

**440-582-4211**

**FREE BABYSITTING  
Monday—Friday Morning Classes!!!**

# CLASS DESCRIPTIONS

**ALL LEVEL FLOW YOGA** ..... Just like our evening Hot Yoga classes. The room is warm, but NOT hot.

**BOOTCAMP FOR LADIES**..... The next best thing to enlisting! A method of training that involves a very high work rate, using exercises designed to burn more calories during your work out, and then maximize calories burned after your workout! All fitness levels welcome!!! All classes can be modified.

**HIGH INTENSITY DRILLS**.....Get the job done in 45 minutes or less! This class is not the same old thing. Every week a different workout featuring compound drills, add-on drills, 100's , or more than 100's! Expect to see Tabata Drills and "Body Weight Only" drills.

**HOT YOGA**...This Yoga class integrates postures, breathing exercises, relaxation, and meditation to bring harmony to you on every level -- mind, body, spirit! Join us for this mindful and moving class that is perfect for every level. The thermostat is turned up to 85\* ....Dress lightly! Yoga blocks suggested, but not required.

**HOOR OF POWER**...This weight class does just that -- gets back to basics, in an hour of functional, time efficient, and integrated exercises. This class will help improve muscular strength and definition, with bouts of cardio. This is the perfect class for those just getting back into fitness, as well as for those ready to step up their level of weight work.

**MONDAY MORNING MASH-UPS**.....A variety of cardio, core, power, and strength to start the week off right.

**PILATES BARRE**...A blend of Pilates, Yoga, muscle sculpting, and flexibility work. This class will leave you feeling longer, stronger, and more relaxed! (**Pilates Barre workout utilizes the ballet barres.**)

**SPIN**...This 40 minute stationary cycling class will accommodate all levels of exercisers, from the beginner to the elite athlete. With the music pumping, your instructor will guide you through a ride that will leave you feeling both invigorated and exhausted at the same time. **PLEASE CALL TO CHECK AVAILABILITY.**

**SPIN, STRENGTH, AND CORE** ..... A basic, clean, controlled lift for muscle sculpting and concentrated core work. A perfect class to combine with a spin cardio workout. 30 minutes of spin followed by 30 minutes of core work.

**SUNDAY MORNING RISE AND SHINE**.... A variety of cardio, complemented by strength and core.

**TURBO-KICK!**....Cardio kickboxing drills with Melissa, interspersed with weight training intervals. Tone your entire body with this energized workout. 15 minutes of core training at the end.

**PRICES...Individual class \$10**

**1x/week...\$35/month    2x/week... \$52/month    Unlimited...\$65/month**

**FREE BABYSITTING FOR MONDAY— FRIDAY  
MORNING FITNESS CLASSES!!!**