



STUDIO 82

OCTOBER 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>9:30</u> MONDAY MORNING MASH UPS</p>	<p><u>9:30</u> THE POWER OF STRETCH AND STRENGTH</p>	<p><u>9:30</u> SPIN STRENGTH CORE</p> <p><u>10:30</u> MOMMY AND ME</p>	<p><u>9:30</u> PIYO</p>	<p><u>9:30</u> BOOT CAMP FOR LADIES</p>	<p><u>8:45</u> SPIN</p> <p><u>9:30</u> HOUR OF POWER</p>
<p><u>6:30</u> SPIN</p>	<p><u>6:30</u> TRIPLE THREAT</p>	<p><u>6:30</u> SPIN</p>	<p><u>6:30</u> SPIN</p>		
	<p><u>7:30</u> PIYO</p>	<p><u>7:30</u> HIGH INTENSITY DRILLS</p>	<p><u>7:30</u> TURBO POWER</p>		

440-582-4211

FREE BABYSITTING
9:30 Monday — Friday Morning Classes!!!

CLASS DESCRIPTIONS

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 workout, 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.

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.

MOMMY AND METhis class is for YOU, Moms. We know you want to work out, but don't always have the opportunity with the kids..... So bring the kids along! You can use your baby as your weight, or if your child is older, they can follow along! You will work up a sweat in this 45 minute class. At the end, everyone will celebrate with a little dance party for the kids!

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

PIYO Piyo is a music driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and Yoga. It includes modifications, yet offers exercise progressions to challenge all levels. You will earn your shower with this workout!

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 class beginning with 30 minutes of cardio on the bike, followed by continued heart rate elevation in the second half hour with weights, drills, and core.

THE POWER OF STRETCH AND STRENGTH A passive class focused on increasing strength, flexibility, and core.

TRIPLE THREAT A combination of all that matters.... High cardio, extreme strength, and core. All you need.... Can't ask for more!

TURBO POWER A 50/50 mix of kickboxing drills, and muscular strength work with weights.

PRICES...Individual class \$12

1x/week...\$35/month 2x/week... \$58/month Unlimited...\$70/month

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