



STUDIO 82

NOVEMBER 1, 2018

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p><u>9:30</u> MONDAY MORNING MASH UPS</p> <p><u>6:30</u> SPIN STRENGTH CORE NEW !!!</p> <p><u>7:30</u> PILATES BARRE IT'S BACK !!!</p>	<p><u>9:30</u> BODYWORK NEW !!!</p> <p><u>6:30</u> TRIPLE THREAT</p> <p><u>7:30</u> PIYO</p>	<p><u>9:30</u> SPIN STRENGTH CORE</p> <p><u>10:30</u> MOMMY AND ME</p> <p><u>6:30</u> SPIN</p> <p><u>6:30</u> ZUMBA! NEW !!!</p> <p><u>7:30</u> HIGH INTENSITY DRILLS</p>	<p><u>9:30</u> PIYO</p> <p><u>6:30</u> SPIN</p> <p><u>7:30</u> TURBO POWER</p>	<p><u>9:30</u> A TO Z</p> <div data-bbox="1133 1144 1518 1837" style="border: 2px solid orange; padding: 10px;"> <p>THANKSGIVING SCHEDULE</p> <p>Closed Thursday, November 22</p> <p>Open Friday, November 23</p> <p>Open Saturday, November 24 for...</p> <p>Regular Schedule PLUS Special Guest Class 10:30—11:30 Cardio Barre !!!</p> </div>	<p><u>8:45</u> SPIN</p> <p><u>9:30</u> HOUR OF POWER</p>
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FREE BABYSITTING

440-582-4211

9:30 Monday — Friday Morning Classes!!!

CLASS DESCRIPTIONS

A TO Z Two rounds of high intensity circuits, including upper and lower body, core, and cardio.

BODYWORK Is an intense, holistic, and functional mind and body workout combining strength, flexibility, cardio, and breathing. Practiced barefoot, BodyWork has been described as a tribal, flowing, yoga-inspired class set to cool house music.

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.

HOUR 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 ME This 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.

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.**)

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. (Clients can opt to take just one half or the other.)

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.

ZUMBA! Dance away your worries in this high energy workout that is fun and easy!! This "feel happy" class combines Latin moves and rhythms for a workout that feels like a party!

PRICES...Individual class \$12

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

FREE BABYSITTING FOR WEEKDAY MORNINGS ONLY.