



STUDIO 82

FEBRUARY 1, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>9:30</u> MONDAY MORNING MASH UPS	<u>9:30</u> INTERVAL- OCITY NEW!!!	<u>9:30</u> SPIN STRENGTH CORE <u>10:30</u> MOMMY AND ME!	<u>9:30</u> PIYO	<u>9:30</u> A TO Z FULL BODY WORKOUT	<u>8:45</u> SPIN <u>9:30</u> HOUR OF POWER
<u>6:30</u> SPIN STRENGTH CORE	<u>6:30</u> HIIT!!!	<u>6:30</u> SPIN	<u>6:30</u> SPIN		
<u>7:30</u> PILATES BARRE	<u>7:30</u> PIYO	<u>7:15</u> HIGH INTENSITY DRILLS NEW TIME!	<u>7:30</u> HOUR OF POWER		

440-582-4211

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

CLASS DESCRIPTIONS

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

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.

HIIT! Rev up your workout and increase your metabolism with this High Intensity Interval Training session. The class begins with high level cardio and recovery phases, then moves on to muscular strength and endurance moves while still staying in the fat-burning zone, and finishes with a deep stretch. Various equipment will be utilized during each week's class to vary how the muscles are worked.

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.

INTERVAL-OCITY This **interval**-based class combines full-body **strength training** with **high intensity cardio** bursts designed to tone your body, improve your endurance, and clear your mind before you start your busy day!

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! 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.) **PLEASE CALL TO CHECK BIKE AVAILABILITY.**

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 9:30 MON—FRI MORNING CLASSES ONLY