



Studio 82

March 1, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>9:30</u> CARDIO AND STRENGTH</p> <p><u>6:30</u> SPIN AND STRENGTH</p>	<p><u>9:30</u> INTERVAL WORKOUT</p> <p><u>6:30</u> SPIN</p>	<p><u>9:30</u> SPIN 45 Followed By COOL DOWN AND CORE 15</p> <p><u>6:30</u> SPIN</p> <p><u>7:30</u> BARRE INTENSITY</p>	<p><u>9:30</u> HIIT !!! BOOTCAMP</p> <p><u>6:30</u> SPIN</p> <p><u>7:15</u> STRAIGHT UP WEIGHTS 45 minutes</p>	<p><u>9:30</u> CARDIO SCULPT</p> <div style="border: 3px double black; padding: 10px; text-align: center;"> <p>ALL SPIN CLASSES.....</p> <p>PLEASE CALL OR EMAIL FOR A BIKE.</p> </div>	<p><u>8:45</u> SPIN</p> <p><u>9:30</u> STRAIGHT UP WEIGHTS 1 hour</p>

FREE BABYSITTING

440-582-4211

9:30 Monday — Friday Morning Classes!!!

CLASS DESCRIPTIONS

BARRE INTENSITY Combines attributes of Pilates, Barre movements, and Functional Fitness Training. Incorporates small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.

HIIT! BOOTCAMP Bootcamp for ladies, interjected with high intensity drills.

CARDIO SCULPT 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 some cardio blasts to maximize calorie burn, and will finish with a deep stretch.

INTERVAL WORKOUT 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!

CARDIO AND STRENGTH A variety of cardio, core, power, and strength to start the week off right.

SPIN This 45 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 AND STRENGTH..... 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.**

PRICES... Drop in \$12

4 classes/month \$35 8 classes/month \$58 12 classes +/-month (unlimited) \$70

FREE BABYSITTING 9:30 MON—FRI (Morning Classes Only)