



Studio 82

NOVEMBER 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------------------------------------|---|--|------------------------------|--|
| <p><u>9:30</u> TOTAL BODY WORKOUT- CARDIO STRENGTH STRETCH</p> | | <p><u>9:30</u> INTERVAL WORKOUT</p> | | <p><u>9:30</u> 30/30</p> | <p><u>9:30</u> TOTAL BODY WORKOUT- CARDIO STRENGTH STRETCH</p> |
| <p><u>6:30</u> SPIN</p> | <p><u>7:30</u> BARRE BURN</p> | <p><u>6:30</u> SPIN</p> | <p><u>6:30</u> BASIC BODY WORKOUT- CARDIO STRENGTH STRETCH</p> | | |

440-582-4211

CLASS DESCRIPTIONS

30/30 30 Minutes Weights and Cardio / 30 minutes of Deep Stretching.

BARRE BURN..... Combines attributes of Pilates, Barre movements (without the ballet barre), and Functional Fitness Training. Incorporates light weights / high reps 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. Your own personal mat is needed.

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!

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. m

TOTAL BODY WORKOUT A variety of cardio, core, power, and strength all women need to work the muscles of the whole body. Weight bearing activities to increase bone and strength for daily functional fitness. Targets all body parts. Finish up with core and stretching exercises.

PRICES... Drop in \$15

4 classes/month \$40 8 classes/month \$70 12 classes + / month (unlimited) \$96

Payment Forms— CHECK, VENMO to claregales, or CASH (exact amount, please).