



# Studio 82

## MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b><u>8:30</u></b></p> <p>Total Body Workout— Cardio, Strength, Stretch</p>		<p><b><u>9:00</u></b></p> <p>INTERVAL WORKOUT</p>		<p><b><u>9:00</u></b></p> <p>COMPLETE BALANCE</p>	<p><b><u>9:00</u></b></p> <p>TOTAL BODY WORKOUT- CARDIO STRENGTH STRETCH</p>
<p><b><u>9:30</u></b></p> <p>30-Minutes Back Stretch Class</p>					
<p><b><u>6:30</u></b></p> <p>SPIN</p>	<p><b><u>6:30</u></b></p> <p>BARRE BURN</p>	<p><b><u>6:30</u></b></p> <p>SPIN</p>	<p><b><u>6:30</u></b></p> <p>ADULT DANCE</p>		

440-582-4211

# CLASS DESCRIPTIONS

**ADULT DANCE—HEELS, HIPHOP AND MORE!**..... Did you grow up dancing and wish you still had a place to have fun and be confident? If not, do you wish you had? Here is your chance to join us in a fun and empowering environment! **EVERYONE WELCOME!!!** PI

**30 MINUTE BACK STRETCH CLASS** ..... Back stretches for the mobility and flexibility of the back, the pelvis, and the hips. As you articulate the spine through flexion, extension, and rotational stretches, you will help increase flexibility and strengthen your body. When time permits, core strengthening exercises will be included.

**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.

**COMPLETE BALANCE** ..... Works on balancing the body. Strengthens all muscles thru cardio, weights, and 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!

**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.

## FITNESS PRICES ...INCLUDING ADLUT DANCE

Drop In \$15

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

## ADLUT DANCE ONLY

Drop In \$12    \$35 per month

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