

All classes are 1 Hour unless otherwise noted.

Last Updated 6/5/2018

CLASSES HELD IN MIND/BODY STUDIO

Class Schedule is subject to change.

DAY TIME CLASSES		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8:15 AM	Mat Pilates Lara R.	8:00 AM	Yoga Stephanie R	8:00 AM	Mat Pilates Aimee	8:00 AM	Yoga Stephanie M	8:00 AM	Power Yoga Stephanie R	8:00 AM	Power Yoga Beth	9:00 AM	Yang Yoga Beth 45 min		
9:15 AM	BootyBarre Lily Sign-Up Required	9:00 AM	TRX* Stephanie Sign-Up Required	9:00 AM	Tai Chi Chris 9:00am - 10:30am	9:00 AM	TRX* Stephanie Sign-Up Required	9:15 AM	BootyBarre Lily Sign-Up Required	9:00 AM	BootyBarre Lily Sign-Up Required	9:45 AM	Yin Yoga Beth 45 min		
10:30 AM	Yoga Melisa K	9:30 AM	Roll & Release* Cassie Sign-Up Required	10:30 AM	BootyBarre Aimee Sign-Up Required	9:30 AM	Private Training Laura D. Sign-Up Required	10:30 AM	Yoga Brittany	10:00 AM	Mat Pilates Lara R.	10:30 AM	Mat Pilates Dennis		
		10:30 AM	Mat Pilates Christi					10:30 AM	Mat Pilates Marion	11:30 AM	Relaxation Yoga Brittany (30 minutes)	11:00 AM	Happy Hips Yoga Stacy/Aurora		

EVENING CLASSES		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3:30 PM	Yoga One Charlotte (Intro to Yoga)	4:30 PM	Mat Pilates David	6:30 PM	Yoga Stacy	4:30 PM	Mat Pilates Gail	6:00 PM	Yoga Brittany		
4:30 PM	Yoga Charlotte	6:30 PM	Yoga Clara			6:30 PM	Roll & Release* Cassie Sign-Up Required				
7:30 PM	Modern Yoga Monday Stephanie M					7:30 PM	Align & Flow Yoga Jenn M.				

*30 min. class

Booty Barre (\$)

An energetic and fun workout that fuses fitness techniques from Dance, Pilates & Yoga that will tone, define & chisel the whole body. No dance experience needed! The Booty Barre method is the perfect combination of strength & flexibility with added cardio to burn fat fast.

Yoga

An ancient art based on a harmonizing system of development for the mind, body and spirit. Yoga postures, known as asanas, are put together to strengthen, tone and restore muscle. The practice of Yoga makes the body strong and flexible.

TRX (\$)

Born in the Navy Seals, Suspension Training exercise develops strength, balance, flexibility and core stability simultaneously.

Mat Pilates

This innovative system of mind-body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and graceful movement. Small equipment, like stability balls, pilates balls, straps and blocks may be included in the

Tai Chi

Tai Chi is a slow ancient form of medicine, martial arts and exercise. Originally developed as a style of self defense, it became a deadly fighting system in China based on effective martial uses of the "acupuncture points." Today it is used to strengthen our immune system and increase our balance and reduce