

Please log on to your account online or call to schedule your classes

# WEEKLY GROUP CLASS SCHEDULE SUMMER 2017

Hours of Operation

Mon-Thurs 8 a.m.– last class  
Fri 8:00 a.m. - 12:30 p.m.  
Sat 7:30 a.m. - 12 p.m.  
Sun CLOSED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>IMPORTANT UPDATES</b>  <b>CLOSED</b>  <b>Memorial Weekend</b> <b>May 26th-29th</b>  <b>JULY 4th Weekend</b> <b>JULY 1st-4th</b>	9:30 a.m. <b>Cardiolates</b> w/Sonya	9:00 a.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya	9:15 a.m. Gentle Restorative <b>Yoga</b> w/ Chris	9:00 a.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya	8:00 a.m. <b>Cardiolates</b> w/Sonya	7:30 a.m. <b>Cardiolates</b> w/Sonya
	10:30 a.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya	10:15 a.m. <b>Vinyasa Flow</b> <b>Yoga</b> w/ Lyndsay	9:30 a.m. <b>BARRE</b> w/ Imari	10:15 a.m. <b>Cardiolates</b> w/Sonya	9:15a.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya	8:30 a.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya
	6:00 p.m. <b>BARRE</b> <b>STRETCH</b> w/ Shannon	10:15 a.m. <b>Hubolates</b> w/Sonya				9:45 a.m. <b>BARRE</b> w/ Shannon Or Aimee
	6:00 p.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya	6:00 p.m. <b>Hatha</b> <b>Yoga</b> w/Victoria or Lyndsay				10:00 a.m. <b>Restorative Yoga</b> w/ Lyndsay or Emily
	7:15 p.m. Last Monday of each Month <b>ZUMBA</b> w/ PAO	6:00 p.m. <b>BARRE</b> w/Shannon	6:00 p.m. Vinyasa Flow <b>Yoga</b> w/Katie			<b>DATE TBD</b>  <b>Prenatal Yoga</b> 11:00am
	7:15 p.m. Vinyasa Flow <b>Yoga</b> w/Katie	7:15 p.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya	6:30 p.m. Beginners <b>Mat Pilates</b> w/Imari		6:00 p.m. Vinyasa Flow <b>Yoga</b> w/Emily	<b>June 10th</b> 11-1 pm <b>YOGA</b> <b>WORKSHOP</b> \$25
	7:15 p.m. <b>Hubolates</b> w/Sonya	7:15 p.m. <b>Kids</b> <b>Fusion</b>	7:00 p.m. <b>PILATES PLUS</b> w/Chris		7:15 p.m. <b>Shhh I do Pilates</b> <b>Mat Pilates</b> w/Sonya	

## Index of Classes

- **Beginners Mat Pilates**-low impact exercise that strengthens the entire body with focus on breathing, spine alignment, core conditioning, improving flexibility and balance
- **Cardiolates** - A total body workout on a mini trampoline that is fun, fat-burning and core strengthening all in one.
- **Shhh I do Pilates MAT PILATES** - A 60 minute Cardio based Pilates class that strengthens the entire body with focus on breathing, spine alignment, core conditioning, improving flexibility and balance taught to the latest POP Music
- **Candlelight Yoga/Restorative/Gentle Yoga**– Uses soft flowing movements, deep breath work and meditation.
- **Hatha Yoga** - Also called Yoga of postures, focus on basic poses, sequencing, safe technique, proper breathing and meditation to achieve better health.
- **Vinyasa Flow Yoga** - A meditative freeform practice that coordinates with the breath and relaxation. Expect a full body workout.
- **Pilates PLUS**– A 45 Minute intense Class that help you blast and burn extra calories away. We use tires from 13 lbs up to mimic some Pilates infused moves. We recommend you take the SHHH I do Pilates class 1st before scheduling this class.
- **Barre** – a safe combination of Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles without the impact and injuries dancers endure.
- **Hubolates**- an exhilarating, effective, easy-to-follow, cardio-inspired, calorie-burning dance fitness-class that combines weighted Hulu hoops, Boxing, Pilates and dance and keep you moving toward joy and health.
- **PrenatalYoga**– Take the time to center, connect and focus on yourself and your baby. Stretch and sooth your sore back, shoulders and legs. Learn to relax, breathe and meditate in preparation for the big day.

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At the end of OUR Rainbow you will have a stronger core!

- Drop in Rate : \$15.00
- Economy (2 classes per week): \$59 per month
- Economy Plus (3 classes per week) : \$69.00 per month
- Gold (unlimited classes): \$89 per month
- Kids Economy (1 class a week) : \$39 per month
- Kids Gold (Unlimited): \$49 per month