

# ENERGY PILATES & FITNESS

4643 Mercantile Drive North, Hugo (651.464.7051)

<div style="display: flex; justify-content: space-between;"> <span><b>Hugo</b></span> <span><b>December 2011</b></span> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1<sup>ST</sup> VISIT FREE</b>                      Email: <a href="mailto:kandice@energypilatesfitness.com">kandice@energypilatesfitness.com</a>  <b>PILATES REFORMER</b>                      Email: <a href="mailto:rhonda.h@energypilatesfitness.com">rhonda.h@energypilatesfitness.com</a>                      cc = Child Care \$ * = 60 Minute Class</p>				<p><b>December 1</b>                      9:30am Pilates + * Nancy cc                      6:00pm Energy Sculpt Erika</p>	<p><b>December 2</b>                      9:30am BarreFusion Kathy cc</p>	<p><b>December 3</b>                      8:00am Energy Sculpt Kandice                      9:15am PUSH Krista</p>
<p><b>December 4</b>                      No Class</p>	<p><b>December 5</b>                      9:35am* Trifecta Chris cc                      6:35pm Kick &amp; Core Erika</p>	<p><b>December 6</b>                      9:30am YogaBarre Michelle cc                      6:35pm Pilates + * Nancy</p>	<p><b>December 7</b>                      9:30am Trifecta Jen cc                      6:35pm PUSH Erika</p>	<p><b>December 8</b>                      9:30am Pilates + * Nancy cc                      6:00pm Energy Sculpt Erika</p>	<p><b>December 9</b>                      9:30am BarreFusion Kathy cc</p>	<p><b>December 10</b>                      8:00am Energy Sculpt Kandice                      9:15am PUSH Krista</p>
<p><b>December 11</b>                      No Class</p>	<p><b>December 12</b>                      9:35am* Trifecta Chris cc                      6:35pm Kick &amp; Core Erika</p>	<p><b>December 13</b>                      9:30am YogaBarre Michelle cc                      6:35pm Pilates + * Kathy</p>	<p><b>December 14</b>                      9:30am Trifecta Jen cc                      6:35pm PUSH Erika</p>	<p><b>December 15</b>                      9:30am Pilates + * Kathy cc                      6:00pm Energy Sculpt Erika</p>	<p><b>December 16</b>                      9:30am BarreFusion Kathy cc</p>	<p><b>December 17</b>                      8:00am Energy Sculpt Kandice                      9:15am PUSH Krista</p>
<p><b>December 18</b>                      No Class</p>	<p><b>December 19</b>                      9:35am* Trifecta Chris cc                      6:35pm Kick &amp; Core Erika</p>	<p><b>December 20</b>                      9:30am YogaBarre Michelle cc                      6:35pm Pilates + * Kathy</p>	<p><b>December 21</b>                      9:30am Trifecta Jen cc                      6:35pm PUSH Erika</p>	<p><b>December 22</b>  <b>REVISED SCHEDULE</b>                      9:30am Pilates + * Nancy cc</p>	<p><b>December 23</b>                      9:30am BarreFusion Kathy cc</p>	<p><b>NO CLASSES</b></p>
<p><b>December 25</b>                      No Class</p>	<p><b>December 26</b>  <b>REVISED SCHEDULE</b>                      10:30am* Trifecta Chris</p>	<p><b>December 27</b>                      9:30am Total Body Yoga Michelle cc                      6:35pm Pilates + * Nancy</p>	<p><b>December 28</b>                      9:30am Trifecta Jen cc                      6:35pm PUSH Erika</p>	<p><b>December 29</b>                      9:30am Pilates + * Nancy cc                      6:00pm Energy Sculpt Erika</p>	<p><b>December 30</b>                      9:30am BarreFusion Kandice cc</p>	<p><b>December 31</b>  <b>REVISED SCHEDULE</b>                      8:30am Energy Sculpt Kandice</p>
<p><b>January 1</b>                      12:00pm YogaBarre Linda</p>						

# DESCRIPTION OF CLASSES

(All Classes - No shoes needed)

<p><b>Pilates Mat</b> All Fitness Levels</p>	<p>Develop core strength, economy of motion, flexibility and agility with our Pilates classes which achieve clearly visible results. This 45-minute class is perfect for those discovering Pilates for the first time, as well as those who wish to immerse themselves further in Pilates technique. Never too challenging for beginners and never too easy for advanced students. <b>Pilates + is an additional 15 minutes of Pilates.</b></p>
<p><b>Total Body Yoga</b> All Fitness Levels</p>	<p>Balance and revitalize your entire being with yoga; build strength, flexibility, balance and concentration. Vinyasa style yoga incorporates various postures within a series of sequential movements. Heat is generated through the flow which increases flexibility while building muscular strength.</p>
<p><b>Energy Sculpt</b> All Fitness Levels</p>	<p>Energy creates energy...and it's our signature "energy" you will create in this full-body &amp; fun workout. Light weights – high reps – precisely designed to maximize results. Each movement has a purpose and a goal as you'll work multiple muscle groups at once maximizing your time. Efficient weight training at its best. <b>(Indoor-only shoes or leave the shoes in the car!)</b></p>
<p><b>YogaBarre</b> All Fitness Levels</p>	<p>Our muscles become tight with not just workouts, but every day functional movements. We need more stretching, lengthening and specific mind-body focus; hence YogaBarre. Namaste + Booty = YogaBarre. Fluidity. Gracefulness. Focused. Lengthened.</p>
<p><b>Kick &amp; Core</b> All Fitness Levels</p>	<p>It's always about the core – work it from the inside out. Cardio Kickboxing &amp; Core engagement sequenced to work full-body for maximum results. This high-intensity class burns calories and develops strong, powerful bodies and guarantees fast results.</p>
<p><b>Pilates Cardio &amp; Core</b> Level 1: Beginner/Intermediate Level 2: Intermediate/Advanced</p>	<p>With infectious energy &amp; honest encouragement, the Energy instructors will surely keep you motivated. As seen in Woodbury Magazine, fitness enthusiasts are flocking to this unique class format created by Debra Tourek (founder of Energy Pilates &amp; Fitness). Enjoy full-body conditioning through drills and Pilates movements. The flow of the class begins with a strong emphasis on fat-burning barefoot cardio training including lower &amp; upper body concentrations all involving core, balance &amp; then topping it off with Pilates mat exercises. ALL LEVELS will enjoy and reap the benefits of this class because individual cardio and strength challenges are demonstrated.</p>
<p><b>BarreBody</b> Intermediate/Advanced</p>	<p>As demonstrated by Energy Pilates &amp; Fitness on Twin Cities Live: "Brazilian Booty Workout" works! Barre classes have been popular at Energy since we introduced this format to the Twin Cities. This class has an interval fitness regime that rocks your entire body. With interval training sets, using your own body weight for resistance, you'll perform dynamic exercises to target muscles (the bum, the bum, the bum!) and overloaded to the point of fatigue, then stretched for relief. Smokin'.</p>
<p><b>BarreFusion</b> Intermediate/Advanced</p>	<p>Fusing together two signature Energy exercise modules: "PUSH" &amp; "BARRE" is your BARRE Fusion; designed to burn fat &amp; calories with cardio and then transition right into your BARRE workout.</p>
<p><b>PUSH</b> Intermediate/Advanced</p>	<p>The ultimate power-packed cardio training class – performed barefoot. Always powerful and always controlled using large muscle and wide-range-of-motion exercises infused with balance work, athletic drills &amp; an ever-changing mix of cardio/strengthening combos. You're sure to burn fat, build stamina &amp; test your endurance. PUSH yourself with easy-to-follow movements that bring focus to the full body! A 60-minute class with 45 minutes devoted to just cardio; guaranteed to keep you motivated &amp; challenged.</p>
<p><b>Energy Trifecta</b> Intermediate/Advanced</p>	<p>Voted "BEST OF 2009 &amp; 2010" for a reason – enjoy the BEST of Energy classes power-housed into 75-minutes to create an energizing total body workout: our barefoot cardio, Pilates &amp; Sculpt.</p>
<p><b>Energy TaBaTa</b> Intermediate/Advanced</p>	<p>Using Dr. Tabata's ideas of fitness + our ENERGY philosophy = Energy TaBaTa. This class is designed for those who either want to efficiently boost athletic performance and/or (b) burn an insane amount of calories in a short amount of time! Interval drills for the abs – the bum – the back – the arms and the heart.</p>
<p><b>Reformer Apprentice</b> Pre-Registration – \$</p>	<p>Learn, love and train on the Pilates Reformer machine. Guided and instructed by the Energy Reformer Trainers, various certified Energy instructors want to work with you! So learn together and experience an amazing work-out for just ½ the price. Pre-registration required; for more information, email: <a href="mailto:rhonda.h@energypilatesfitness.com">rhonda.h@energypilatesfitness.com</a></p>