


## Stillwater

## February 2012

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 \$ * = 45 Minutes ** = 60 Minutes</p>			<p><b>February 1</b>                      6:00am* Pilates Cardio &amp; Core 1 Nancy                      9:35am BarreBody Kandice cc                      6:40pm Pilates Cardio &amp; Core 2 Jen</p>	<p><b>February 2</b>                      9:30am** Trifecta Chris cc                      6:40pm Pilates Mat Nancy</p>	<p><b>February 3</b>                      6:00am* BarreFusion Sarah                      9:30am Pilates Cardio &amp; Core 2 Christa cc                      5:30pm BarreBody Elaine</p>	<p><b>February 4</b>                      8:35am Pilates Mat Nancy                      9:30am* PUSH Debra</p>
<p><b>February 5</b>                      12:00pm YogaBarre Linda</p>	<p><b>February 6</b>                      9:30am* Energy TaBaTa Jennifer cc                      5:35pm* Energy Sculpt Jennifer                      6:30pm Yoga Brenda</p>	<p><b>February 7</b>                      9:30am Kick &amp; Core Jen cc                      6:00pm PUSH Caroline</p>	<p><b>February 8</b>                      6:00am* Pilates Cardio &amp; Core 1 Nancy                      9:35am BarreBody Kandice cc                      6:40pm Pilates Cardio &amp; Core 2 Jen</p>	<p><b>February 9</b>                      9:30am** Trifecta Chris cc                      6:40pm Pilates Mat Nancy</p>	<p><b>February 10</b>                      6:00am* BarreFusion Sarah                      9:30am Pilates Cardio &amp; Core 2 Christa cc                      5:30pm BarreBody Jen</p>	<p><b>February 11</b>                      8:35am Pilates Mat Nancy                      9:30am* PUSH Nancy</p>
<p><b>February 12</b>                      12:00pm YogaBarre Brenda</p>	<p><b>February 13</b>                      9:30am* Energy TaBaTa Debra cc                      5:35pm* Energy Sculpt Jennifer                      6:30pm Yoga Brenda</p>	<p><b>February 14</b>                      9:30am Kick &amp; Core Jen cc                      6:00pm PUSH Caroline</p>	<p><b>February 15</b>                      6:00am* Pilates Cardio &amp; Core 1 Nancy                      9:35am BarreBody Kandice cc                      6:40pm Pilates Cardio &amp; Core 2 Jen</p>	<p><b>February 16</b>                      9:30am** Trifecta Chris cc                      6:40pm Pilates Mat Nancy</p>	<p><b>February 17</b>                      6:00am* BarreFusion Linda                      9:30am Pilates Cardio &amp; Core 2 Christa cc                      5:30pm BarreBody Elaine</p>	<p><b>February 18</b>                      8:35am Pilates Mat Nancy                      9:30am* PUSH Nancy</p>
<p><b>February 19</b>                      12:00pm YogaBarre Linda</p>	<p><b>February 20</b>                      9:30am* Energy TaBaTa Jennifer cc                      5:35pm* Energy Sculpt Jennifer                      6:30pm Yoga Brenda</p>	<p><b>February 21</b>                      9:30am Kick &amp; Core Jen cc                      6:00pm PUSH Caroline</p>	<p><b>February 22</b>                      6:00am* Pilates Cardio &amp; Core 1 Nancy                      9:35am BarreBody Kandice cc                      6:40pm Pilates Cardio &amp; Core 2 Jen</p>	<p><b>February 23</b>                      9:30am** Trifecta Chris cc                      6:40pm Pilates Mat Jill</p>	<p><b>February 24</b>  <b>REVISED SCHEDULE</b>                      No 6AM class                      9:30am Pilates Cardio &amp; Core 2 Christa cc                      5:30pm BarreBody Jen</p>	<p><b>February 25</b>                      8:35am Pilates Mat Linda                      9:30am* PUSH Barbara</p>
<p><b>February 26</b>                      12:00pm YogaBarre Brenda</p>	<p><b>February 27</b>                      9:30am* Energy TaBaTa Debra cc                      5:35pm* Energy Sculpt Jennifer                      6:30pm Yoga Brenda</p>	<p><b>February 28</b>                      9:30am Kick &amp; Core Jen cc                      6:00pm PUSH Caroline</p>	<p><b>February 29</b>                      6:00am* Pilates Cardio &amp; Core 1 Kandice                      9:35am BarreBody Kandice cc                      6:40pm Pilates Cardio &amp; Core 2 Jen</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 90-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> <b>Woodbury location</b></p>