

Woodbury

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1ST VISIT FREE Email: kandice@energypilatesfitness.com PILATES REFORMER Email: rhonda.h@energypilatesfitness.com cc = Child Care \$ * = 45 Minute Class</p>			<p>February 1 6:15am* Pilates Cardio & Core 1 Lisa (Studio B) 9:30am YogaBarre Linda cc 11:00am Energy Sculpt Chris (Studio B) 7:35pm Pilates Cardio & Core 1 Barbara</p>	<p>February 2 6:15am* BarreBody Kandice (Studio B) 9:30am BarreFusion Christa (Studio B) cc 10:50am Yoga Brenda 5:35pm Pilates Mat Jill NEW 6:30pm* TaBaTa Jennifer</p>	<p>February 3 6:00am Pilates Cardio & Core 1 Nancy (Studio B) 9:30am Pilates Cardio & Core 2 Debra (Studio B) cc</p>	<p>February 4 7:45am Pilates Mat Michelle (Studio B) 8:35am* Energy Sculpt Jennifer (Studio B) 8:35am* PUSH Christa 9:30am Reformer Apprentice (Pre-Registration \$)</p>
<p>February 5 7:45am BarreBody Kandice (Studio B) 3:30pm PUSH Debra (Studio B)</p>	<p>February 6 6:15am* PUSH Kandice (Studio B) 9:35am Pilates Mat Nancy (Studio B) cc 7:35pm PUSH Christa</p>	<p>February 7 6:15am* Energy Sculpt Lisa 9:30am PUSH Debra (Studio B) cc 5:35pm* Energy Sculpt Jennifer 6:35pm Yoga Brenda</p>	<p>February 8 6:15am* Pilates Cardio & Core 1 Lisa (Studio B) 9:30am YogaBarre Linda cc 11:00am Energy Sculpt Debra (Studio B) 7:35pm Pilates Cardio & Core 1 Barbara</p>	<p>February 9 6:15am* BarreBody Kandice (Studio B) 9:30am BarreFusion Kandice (Studio B) cc 10:50am Yoga Brenda 5:35pm Pilates Mat Jill NEW 6:30pm* TaBaTa Christa</p>	<p>February 10 6:00am Pilates Cardio & Core 1 Nancy (Studio B) 9:30am Pilates Cardio & Core 2 Debra (Studio B) cc</p>	<p>February 11 7:45am Pilates Mat Debra (Studio B) 8:35am* Energy Sculpt Debra (Studio B) 8:35am* PUSH Barbara 9:30am Reformer Apprentice (Pre-Registration \$)</p>
<p>February 12 7:45am BarreBody Kandice (Studio B) 3:30pm PUSH Debra (Studio B)</p>	<p>February 13 6:15am* PUSH Kandice (Studio B) 9:35am Pilates Mat Debra (Studio B) cc 7:35pm PUSH Krista</p>	<p>February 14 6:15am* Energy Sculpt Barbara 9:30am PUSH Debra (Studio B) cc 5:35pm* Energy Sculpt Jennifer 6:35pm Yoga Elaine</p>	<p>February 15 6:15am* Pilates Cardio & Core 1 Lisa (Studio B) 9:30am YogaBarre Linda cc 11:00am Energy Sculpt Chris (Studio B) 7:35pm Pilates Cardio & Core 1 Barbara</p>	<p>February 16 6:15am* BarreBody Kandice (Studio B) 9:30am BarreFusion Christa (Studio B) cc 10:50am Yoga Brenda 5:35pm Pilates Mat Jill NEW 6:30pm* TaBaTa Debra</p>	<p>February 17 6:00am Pilates Cardio & Core 1 Nancy (Studio B) 9:30am Pilates Cardio & Core 2 Debra (Studio B) cc</p>	<p>February 18 7:45am Pilates Mat Michelle (Studio B) 8:35am* Energy Sculpt Jennifer (Studio B) 8:35am* PUSH Caroline 9:30am Reformer Apprentice (Pre-Registration \$)</p>
<p>February 19 7:45am BarreBody Kandice (Studio B) 3:30pm PUSH Debra (Studio B)</p>	<p>February 20 6:15am* PUSH Kandice (Studio B) 9:35am Pilates Mat Nancy (Studio B) cc 7:35pm PUSH Christa</p>	<p>February 21 6:15am* Energy Sculpt Lisa 9:30am PUSH Debra (Studio B) cc 5:35pm* Energy Sculpt Jennifer 6:35pm Yoga Brenda</p>	<p>February 22 6:15am* Pilates Cardio & Core 1 Lisa (Studio B) 9:30am YogaBarre Linda cc 11:00am Energy Sculpt Debra (Studio B) 7:35pm Pilates Cardio & Core 1 Caroline</p>	<p>February 23 6:15am* BarreBody Kandice (Studio B) 9:30am BarreFusion Kandice (Studio B) cc 10:50am Yoga Brenda 5:35pm Pilates Mat Jill NEW 6:30pm* TaBaTa Jennifer</p>	<p>February 24 6:00am Pilates Cardio & Core 1 Kristen (Studio B) 9:30am Pilates Cardio & Core 2 Debra (Studio B) cc</p>	<p>February 25 7:45am Pilates Mat Debra (Studio B) 8:35am* Energy Sculpt Debra (Studio B) 8:35am* PUSH Christa 9:30am Reformer Apprentice (Pre-Registration \$)</p>
<p>February 26 7:45am BarreBody Kandice (Studio B) 3:30pm PUSH Debra (Studio B)</p>	<p>February 27 6:15am* PUSH Kandice (Studio B) 9:35am Pilates Mat Debra (Studio B) cc 7:35pm PUSH Christa</p>	<p>February 28 6:15am* Energy Sculpt Barbara 9:30am PUSH Debra (Studio B) cc 5:35pm* Energy Sculpt Lisa 6:35pm Yoga Elaine</p>	<p>February 29 6:15am* Pilates Cardio & Core 1 Lisa (Studio B) 9:30am YogaBarre Linda cc 11:00am Energy Sculpt Chris (Studio B) 7:35pm Pilates Cardio & Core 1 Barbara</p>			

DESCRIPTION OF CLASSES

(All Classes - No shoes needed)

<p>Pilates Mat 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. Pilates + is an additional 15 minutes of Pilates.</p>
<p>Total Body Yoga 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>Energy Sculpt All Fitness Levels</p>	<p>Energy creates energy...and it's our signature "energy" you will create in this full-body & 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. (Indoor-only shoes or leave the shoes in the car!)</p>
<p>YogaBarre 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>Kick & Core All Fitness Levels</p>	<p>It's always about the core – work it from the inside out. Cardio Kickboxing & 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>Pilates Cardio & Core Level 1: Beginner/Intermediate Level 2: Intermediate/Advanced</p>	<p>With infectious energy & 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 & 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 & upper body concentrations all involving core, balance & 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>BarreBody Intermediate/Advanced</p>	<p>As demonstrated by Energy Pilates & 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>BarreFusion Intermediate/Advanced</p>	<p>Fusing together two signature Energy exercise modules: "PUSH" & "BARRE" is your BARRE Fusion; designed to burn fat & calories with cardio and then transition right into your BARRE workout.</p>
<p>PUSH 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 & an ever-changing mix of cardio/strengthening combos. You're sure to burn fat, build stamina & 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 & challenged.</p>
<p>Energy Trifecta Intermediate/Advanced</p>	<p>Voted "BEST OF 2009 & 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 & Sculpt.</p>
<p>Energy TaBaTa 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>Reformer Apprentice 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: rhonda.h@energypilatesfitness.com Woodbury location</p>