



energy

FITNESS THAT DRAWS YOU IN

LEGEND	
	Trampoline
PUSH	Body-weight cardio
CC	Child care \$7 drop-in
	Pilates reformer \$39 drop-in \$29 VIP
	Pilates reformer and vibrating therapy \$39 drop-in \$29 VIP
	Personal training session (30 min) \$50









See reverse for class descriptions.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00am 45 min	YOGA sculpt VICTORIA	6:00am 45 min	BARRE NANCY	6:30am 35 min	TABATA MICHELLE	6:00am 45 min	YOGA sculpt ANNA	6:00am 45 min	SCULPT four NANCY	7:15am 30 min	TRAINING DEBRA	8:00am 60 min	YOGA sculpt VICTORIA
8:45am 45 min	SCULPT four JENNY	7:30am 50 min	PILATES reformer \$ NANCY	8:45am 45 min	BARRE JENNY	8:45am 45 min	HEAVY sculpt JENNY	7:30am 50 min	PILATES reformer \$ NANCY	7:45am 45 min	PILATES essential NANCY	9:15am 60 min	BARRE BARBARA
9:45am 60 min CC	PILATES essential NANCY	8:45am 45 min	PILATES cardio NANCY	9:45am 60 min CC	YOGA sculpt NATANIA	New 9:45am 50 min CC	PILATES reformer \$ JENNY	8:45am 45 min	YOGA- lates DEBRA	8:00am 35 min	March 7, 14, 21 TABATA DEBRA	New 10:30am 45 min	PILATES cardio BARBARA KARI
9:45am 50 min CC	PILATES reformer \$ JENNY	New 11:00am 45 min	PUSH essential DEBRA	New 11:00am 35 min	PUSH jump NATANIA	11:00am 60 min	YOGA essential SAMANTHA	9:45am 45 min CC	BARRE hop JENNY	8:00am 35 min	March 28 HEAVY sculpt JENNY	11:35am 60 min	March 1 & 15 KIDS' acro class JENNY See website for more info.
4:00pm 50 min	PILATES reformer \$ NANCY	4:15pm 45 min	YOGA two SAMANTHA	4:45pm 45 min	YOGA barre SAMANTHA	5:15pm 45 min	PUSH punch ELAINE	11:00am 45 min	March 6, 20 SCULPT essential DEBRA	8:45am 45 min	SCULPT cardio ELAINE		
5:00pm 45 min	PILATES essential NANCY	5:15pm 35 min	PILATES cardio DEBRA	New 5:30pm 35 min	TABATA DEBRA	5:15pm 50 min	March 19 PILATES reformer \$ SAM	11:00am 45 min	March 13, 27 YOGA barre SAMANTHA	8:45am 50 min	PILATES reformer \$ NANCY	free 3:30pm 35 min	March 8 PILATES reformer demo LAURA
6:00pm 45 min	BARRE DEBRA	6:00pm 35 min	PUSH jump NATANIA	6:15pm 45 min	HEAVY sculpt BARBARA DEBRA	6:15pm 35 min	March 5, 19, 26 SCULPT essential LILY	Be sure to sign up for your free Pilates reformer demo session! March 7 and March 8		New 9:45am 45 min	BARRE cardio DEBRA	4:15pm 60 min	YOGA essential SAMANTHA
New 6:00pm 50 min	PILATES+ reformer \$ NANCY	MARCH 6:15pm 45 min	March 3, 17, 31 RhythOM SAMANTHA	7:00pm 50 min	PILATES reformer \$ LAURA	6:15pm 35 min	March 12 PUSH essential DEBRA			free 10:00am 35 min	March 7 PILATES reformer demo NANCY	4:15pm 50 min	March 8 PILATES reformer \$ LAURA
7:00pm 60 min	YOGA chill NATANIA	6:45pm 45 min	PUSH jump NATANIA	7:15pm 60 min	YOGA essential ANNA	7:00pm 60 min	YOGA barre DAIRA						

March 2020

All classes and sessions require preregistration.

The Twin Cities' only pilates-based, cross-training fitness studio. Start with the essentials and then add as many innovative fusion classes as you like!

CORE		FLEXIBILITY		TONING		FAT-BURNING	
 PILATES		 YOGA		 RESISTANCE / WEIGHTS		 CARDIO	
OUR CLASSES		OUR CLASSES		OUR CLASSES		OUR CLASSES	
PILATES essential	Our pilates mat classes fuses classical principles with an up-to-date contemporary athletic approach. No muscle is ever over or under-trained in this challenging class based on the teachings of Joseph Pilates.	YOGA essential	A Vinyasa-style yoga class utilizing dynamic breathing and long-holding postures for a strong full-body workout. Voted "BEST CLASS" by readers of Woodbury Magazine	SCULPT essential	Our signature science-backed, resistance training class with free weights. A total-body workout using a proven formula; lights weights and high repetitions. Efficient toning and sculpting is our trademark.	PUSH essential	"PUSH" is a powerful cardio, full-body workout. See faster changes in strength and toning with this ever-changing mix of body-weight exercises. Voted "BEST CLASS" by readers of Woodbury Magazine
PILATES cardio	Move it to lose it. Burn calories with cardio and sculpt and strengthen your core with ESSENTIAL core work: pilates!	YOGA level two	For intermediate and advanced yogis, Yoga two is a faster flow that incorporates arm balance, inversion, and intense core work.	SCULPT cardio	Feel the vitality! Sculpt your body and add some burn with cardio H.I.I.T drills (<i>High Interval Intensity Training</i>) for a long-lasting metabolism boost!	PUSH punch	Adding a super cool fusion of cardio, boxing, and martial arts, all combined to improve your strength, flexibility, speed and overall fitness.
YOGA-lates	An Energizing blend of yoga and Pilates to flow in and out of strength and flexibility.	YOGA barre	A fantastic fusion of yoga and barre. Starting with yoga strength and stretch and then tuck, tighten, and tone at the barre.	HEAVY sculpt	Low reps, heavy weights with cardio drills. Adding to your cross-training workouts by bringing in the big guns: 8, 12, 15 & 20 lb. weights.	PUSH jump 	There's oodles of scientific research on the benefits of exercising on a mini trampoline! PUSH jump is unique, non-impact heart-pumping workout. Indoor sneakers optional.
PILATES REFORMER small group training*  \$39. VIP \$29. Limit 4 *Must have some experience before joining a small group session. Email us to schedule a complimentary demo session.	A vigorous, highly-focused total-body workout with spring-based equipment – the Pilates Reformer. Using resistance to strengthen while it stretches, there are over 500 challenging exercises; these machines mean business. We also use the Plates Arc. The Arc is perfect for the Pilates novice or expert who wants to add variety and challenge. PILATES REFORMER+ It just got better! It's "massage" AND Pilates! Treat your body with localized vibration therapy to hydrate the muscles, relieve tension in the soft tissue, increase flexibility, range of motion and circulation using the Hypersphere Mini pulsating massage ball . REFORMER "JUMP" Pilates Reformer with the Jump board is a fast-paced Reformer workout that keeps your heart rate up while building and toning your body as only Pilates can. This session puts special emphasis on the Reformer's Jump Board to keep you in constant motion and energized from start to finish	YOGA sculpt	An invigorating series of yoga postures and free weights tailored to your morning body. Uniquely designed to transition you to enjoy a great day by working every muscle & joint in your body. Leave feeling centered, focused & energized!	YOGA sculpt	An invigorating series of yoga postures and free weights tailored to your morning body. Uniquely designed to transition you to enjoy a great day by working every muscle & joint in your body. Leave feeling centered, focused & energized!	SCULPT cardio	Feel the vitality! Sculpt your body and add some burn with cardio H.I.I.T drills (<i>High Interval Intensity Training</i>) for a long-lasting metabolism boost!
		YOGA chill	The perfect balance of yoga and stretching. A variety of props will be used to help achieve relaxation of body, mind, and spirit.	SCULPT FOUR	It's like a group personal training session! High-intensity mixture of (1) "sculpting" pilates, (2) "sculpting" weights (3) "sculpting" cardio and (4) yoga.	PILATES cardio	Move it to lose it. Burn calories with cardio and sculpt and strengthen your core with ESSENTIAL core work: pilates!
		YOGA-lates	An Energizing blend of yoga and Pilates to flow in and out of strength and flexibility.	BARRE	Lift, tone and tone your booty with the barre workout! We're proud to have been the first to bring barre workouts to the Twin Cities.	BARRE hop 	Get a jump on your day and burn your way through barre choreography, performed on the mini trampoline! This fun and effective workout is only at Energy! Indoor sneakers optional.
		<p style="text-align: center;">\$25 per class. Visit us online for more pricing and membership options.</p> <p style="text-align: center;">New to Energy? "Just Try It"</p> <p style="text-align: center;">Enjoy Two Weeks' Unlimited Group Fitness Classes for \$25*</p> <p style="text-align: center;"><small>*MN/WI residents only; other exceptions apply; cannot be combined with other offers or specials; visit our website for more information.</small></p>		<p style="text-align: center;">TABATA</p> <p>Tabata improves athletic performance and is a catalyst for fat burning. <i>Science fact:</i> The excess post-exercise oxygen consumption (EPOC) effect occurs immediately after the workout, so you keep burning calories. Work out hard for 20 seconds; rest for 10 seconds for 4, 6, or 8 rounds. Inter/Advanced.</p>		<p style="text-align: center;">TABATA</p> <p>Tabata improves athletic performance and is a catalyst for fat burning. <i>Science fact:</i> The excess post-exercise oxygen consumption (EPOC) effect occurs immediately after the workout, so you keep burning calories. Work out hard for 20 seconds; rest for 10 seconds for 4, 6, or 8 rounds. Inter/Advanced.</p>	
							
<p style="text-align: center;">New "101" Classes & Small Group Training are here in April.</p> <p style="text-align: center;">Perfect for beginners, or those returning to PILATES, YOGA and the PILATES REFORMER MACHINE; learn the fundamentals, proper form and engagement at comfortable pace.</p>							