







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 II	For intermediate and advanced yogis, Yoga II 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! SCULPT step uses the step for cardio work!	ENERGY step	Enjoy an amazing fat-burning step class topping it off with Pilates' core work. #bringingbackstep1989 <i>indoor shoes recommended</i>
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 punch	High-Energy cardio kickboxing! Kick, jab and uppercut to build strength and endurance. Leave feeling empowered to take on the day.
small group training* PILATES REFORMER  \$42 VIP \$32 Limit 4	REFORMER: 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. ARC: We also use the Plates Arc. The Arc is perfect for the Pilates novice or expert who wants to add variety and challenge. ORBIT: For some unique & advanced core work, try our 30-min PILATES "hard core" orbit training with the Balanced Body Orbit. <i>*Must have some experience before joining a small group Pilates Reformer session. Email us to schedule a complimentary demo session</i>	YOGA sculpt	An invigorating series of yoga postures and handheld weights for a total body workout designed to sculpt every major muscle group. Sculpt Yoga is a great compliment to your regular yoga practice.	YOGA sculpt	An invigorating series of yoga postures and handheld weights for a total body workout designed to sculpt every major muscle group. Sculpt Yoga is a great compliment to your regular yoga practice.	SCULPT cardio SCULPT step	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! SCULPT step uses the step for cardio work!
		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.	ENERGY burn	Using you own body weight as resistance, burn every muscle in your body in this non-stop, high-energy leg, glutes, abs and arm workout. <i>Inter/Advanced</i>	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! <i>Indoor sneakers optional.</i>
		\$25 per class. Visit us online for more pricing and membership options. New to Energy? "Just Try Us" Enjoy One Week of Unlimited Group Fitness Classes for \$25* <i>*MN/WI residents only; other exceptions apply; visit our website for more information.</i>		TABATA	Tabata improves athletic performance and is a catalyst for fat burning. <i>Science fact: 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.</i>	TABATA	Tabata improves athletic performance and is a catalyst for fat burning. <i>Science fact: 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.</i>