

CORE	CARDIO	CUT	BEND
<p>PILATES one</p> <p>Simply the best core workout ever. Based on the teachings of Joseph Pilates, combining classical principles with an up-to-date athletic approach.</p>	<p>SWEAT h.i.i.t. formerly Tabata</p> <p>Science has spoken! The most effective way to burn calories, fat, increase your metabolism; an energizing, non-impact, class using the TABATA (HIIT) method.</p>	<p>SCULPT one formerly SCULPT essential</p> <p>Our signature, science-backed, resistance training class with free weights. A total-body workout using a proven formula; lights weights and high repetitions.</p>	<p>YOGA one</p> <p>A Vinyasa-style yoga class utilizing dynamic breathing and long-holding postures for a strong full-body workout. <i>Voted "BEST CLASS" by readers of Woodbury Magazine.</i></p>
<p>PILATES reformer (SGT) \$ ♦</p> <p>A vigorous total-body workout with the Reformer Machine. With hundreds of options, these machines mean business.</p>	<p>SWEAT step</p> <p>Burn calories old-school style with the step. Guaranteed sweat and fun.</p>	<p>SCULPT two formerly HEAVY sculpt</p> <p>Low reps, heavy weights with cardio drills. Add to your cross-training by bringing in the big guns: 8, 12, 15 & 20 lb. weights. INTERMEDIATE/ADVANCED</p>	<p>YOGA two</p> <p>Enjoy a faster flow yoga class which may incorporate arm balance, inversion and intense core work. Energizing and refreshing. INTERMEDIATE/ADVANCED</p>
<p>PILATES two (SGT) \$ formerly orbit</p> <p>Unique & advanced core work using a piece of equipment – the "rolling glide." INTERMEDIATE/ADVANCED</p>	<p>SWEAT kick formerly PUSH punch</p> <p>High-energy cardio kickboxing. Jab, kick and uppercut to build strength and endurance.</p>	<p>SCULPT burn formerly Energy Burn</p> <p>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. INTERMEDIATE/ADVANCED</p>	<p>YOGA barre</p> <p>Sculpt your body at the barre with yoga and cardio drills for a fantastic fusion of variety. <i>#NeverboringatEnergy</i></p>
<p>PILATES nonstop</p> <p>Only at Energy, 30-45 minutes of nonstop, and we mean, nonstop, core work. Watch for POP-up dates on the schedule. INTERMEDIATE/ADVANCED</p>	<p>SWEAT jump formerly PUSH jump</p> <p>Pump-it-up! Heart pumping cardio using a mini trampoline. BARRE HOP is a workout on the trampoline which adds barre to your workout! <i>Shoes recommend, but not necessary.</i></p>	<p>SCULPT barre formally barre</p> <p>Lift, tone, and sculpt not only your bum at the barre, feel your arms and legs for days after our barre workout. We are proud to have been the first to bring barre workouts to the Twin Cities.</p>	<p>YOGA blend formally YOGA-lates</p> <p>An energizing blend of yoga and Pilates to flow in and out of stretching and toning exercises with the flexibility work you need.</p>
<p>PILATES 101</p> <p>The class to learn the difference between Pilates and yoga – learn <u>and</u> move! Watch for POP-up dates.</p>	<p>SCULPT cardio</p> <p>Sculpt your body with free weights and add some burn with cardio HIIT drills for a long-lasting metabolism boost.</p>	<p>SCULPT yoga formerly YOGA sculpt</p> <p>An invigorating series of yoga postures with weights for a total body workout designed to sculpt every major muscle.</p>	<p>YOGA yoga formerly YOGA sculpt</p> <p>An invigorating series of yoga postures and handheld weights for a total body workout to sculpt your entire body.</p>
<p>PILATES cardio</p> <p>"Move it to lose it" cardio finishing with Pilates core work.</p>	<p>PILATES cardio</p> <p>"Move it to lose it" cardio finishing with Pilates core work.</p>	<p>SCULPT cardio</p> <p>Sculpt your body with free weights and add some burn with cardio HIIT drills for a long-lasting metabolism boost.</p>	<p>YOGA chill</p> <p>The perfect balance of yoga and stretching. A variety of props may be used to help achieve total relaxation of your body, mind and spirit.</p>

All levels are shown in every class. (SGT) = Small Group Training - \$ - additional charge | ♦ Must have prior reformer experience, email for a free demo. If needed, yoga mats are available.

