

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00am  YOGA SCULPT Victoria	6:00am  TABATA Michelle <i>(Sub for September)</i>	6:30am  TABATA Michelle	6:00am  VINYASA YOGA Anna	6:00am  WORK-IT CIRCUIT Nancy	7:15am  PERSONAL TRAINING SESSION Debra \$	8:00am  YOGA SCULPT Victoria	<div style="background-color: #2e8b57; color: white; padding: 10px; font-size: 24px; font-weight: bold; margin-bottom: 10px;">September 2019</div>  <h1 style="margin: 0;">energy</h1> <p style="margin: 0;">FITNESS THAT DRAWS YOU IN</p> <p style="margin: 0;">3100 Woodbury Drive, Suite 200 Woodbury MN 55129 651-337-0425 energypilatesfitness.com</p>						
8:45am  ENERGY MIX cardio explosion Jenny	7:30am  SMALL GROUP PILATES ARC Nancy \$	8:45am  BARRE VIBES Jenny	8:45am  SCULPT H.I.I.T Jenny	7:30am  SMALL GROUP REFORMER Nancy \$	7:45am  PILATES STRENGTH Nancy	9:15am  BARRE BURN Barbara							
9:45am  PILATES STRENGTH Nancy <i>childcare</i>	8:45am  PILATES CARDIO Nancy	9:45am  YOGA SCULPT Natania <i>childcare</i>	9:45am  BARRE BURN Natania <i>childcare</i>	8:45am  YOGALATES Debra	8:00am  TABATA Debra	10:30am  PILATES STRENGTH Barbara							
9:45am  SMALL GROUP REFORMER Jenny \$ <i>childcare</i>	9:45am  WORK-IT CIRCUIT Jenny <i>childcare</i>	12:15pm  Sept 18 and 25 PUSH CARDIO Debra	11:00am  VINYASA YOGA Samantha	9:45am  ENERGY MIX cardio explosion Jenny <i>childcare</i>	8:45am  SCULPT H.I.I.T Elaine	3:30pm  Sept 29 PUSH CARDIO Kari and Debra							
4:00pm  SMALL GROUP REFORMER Nancy \$	4:15pm  VINYASA YOGA II Samantha	4:45pm  YOGA BARRE Samantha	<div style="background-color: #2e8b57; color: white; padding: 10px; font-size: 24px; font-weight: bold; margin-bottom: 10px;">September 2019</div>		11:00am  Sept 6 & 13 YOGA BARRE Samantha	8:45am  SMALL GROUP REFORMER Nancy \$							4:15pm  Sept 8 SMALL GROUP REFORMER Laura \$
5:00pm  PILATES STRENGTH Nancy	5:15pm  PILATES CARDIO Debra	5:15pm  PERSONAL TRAINING SESSION Debra \$			5:15pm  NEW! Starts September 19 PILATES CARDIO Debra	11:00am  Sept 20 & 27 ENERGY SCULPT Debra							9:45am  BARRE VIBES Debra
6:00pm  BARRE BURN Debra	6:00pm  TABATA Mary	6:00pm  NEW! Starts September 18 PILATES STRENGTH Debra	6:00pm  NEW! PUSH BOX & JAB Laura	<div style="background-color: #2e8b57; color: white; padding: 10px; font-size: 24px; font-weight: bold; margin-bottom: 10px;">September 2019</div>									
6:00pm  SMALL GROUP REFORMER Nancy \$	7:00pm  NEW! YOGA SCULPT Natania	7:00pm  SCULPT H.I.I.T Barbara Debra	7:00pm  NEW! BARRE BURN Kari										
7:00pm  YOGA CHILL Natania	PUSH Jump is coming! <i>*Cardio Trampoline class*</i>		8:00pm  NEW! Starts September 18 TABATA Debra										7:00pm  SMALL GROUP REFORMER Laura \$

GROUP FITNESS	SMALL GROUP PERSONAL TRAINING	
<p style="color: red; font-weight: bold;">"Just Try It" Offer! FIRST CLASS FREE*</p> <p>See website for more info. \$25 class \$7 childcare Punch cards and LIMITED VIP memberships available. Preregister online.</p>	 <p>Pilates Reformer, Pilates Arc, Yoga Restore VIP \$29 Guests \$31 Preregister online.</p>	<p style="text-align: center;"></p> <p>Looking for a quick, private personal training session? Energy's Master Trainer, Debra, is at the ready. Easy online booking. \$50 Preregister.</p>

LABOR DAY WEEKEND REVISED. See online schedule.

PILATES	YOGA	WEIGHTS	CARDIO	BARRE & MORE
<p>PILATES STRENGTH <i>belly buster</i></p> <p>Our medical director, Dr. Julie England, always prescribes pilates! Your body will thank you time and time again.</p> <p>Energy's pilates mat class fuses classical principles and a more contemporary athletic approach to produce noticeable results in a shorter amount of time. You'll leave feeling accomplished, energized and worked head to toe.</p> <p><i>Every group fitness class and training session. at Energy incorporate pilates-based core emphasis to maximize your workout each and every workout, each and every time.</i></p> <p>PILATES CARDIO <i>life in the fast lane</i></p> <p>Move it to lose it – a fast-paced blend of fat-burning cardio finishing with our signature pilates core strengthening series.</p> <p>YOGALATES <i>you can have it both ways</i></p> <p>This class combines the yoga focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong and defined core.</p>	<p>VINYASA YOGA <i>don't get bent out of shape</i></p> <p>Flow in and out of sun salutations utilizing dynamic breathing and long-holding postures for a strong full-body workout. Voted "BEST YOGA" by <i>Woodbury Magazine</i>.</p>  <p>YOGA SCULPT <i>savasana strong</i></p> <p>Boost your yoga practice by adding free weights to build muscular endurance and strength and the savasana has never felt so right.</p> <p>YOGA BARRE <i>bend the rules</i></p> <p>A fantastic fusion of yoga and barre. Begin with stress-reducing yoga warm-up and then tuck, tighten, and tone your body at the barre.</p> <p>YOGA CHILL <i>don't sweat the small stuff</i></p> <p>The perfect balance of gentle yoga and stretching. A variety of props will be used to help achieve relaxation for body, mind, and spirit.</p> <p>YOGALATES <i>you can have it both ways</i></p> <p>This class combines the yoga focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong and defined core.</p>	<p>ENERGY SCULPT <i>quad goals</i></p> <p>Our signature weight-training class. A full-body workout using a proven formula; lights weights & high reps. Efficient weight training at its best.</p> <p>SCULPT H.I.I.T <i>go the extra mile</i></p> <p>Combining our signature sculpt class with cardio H.I.I.T drills (H.I.I.T – High Interval Intensity Training).</p> <p>ENERGY MIX <i>the whole nine yards</i></p> <p>Your new favorite class. Work out with a high-intensity mixture of everything your body needs: some pilates, some weights, some cardio and ending with yoga strength and flexibility.</p> <p>YOGA SCULPT <i>savasana strong</i></p> <p>Boost your yoga practice by adding free weights to build muscular endurance and strength and the Savasana has never felt so right.</p> <p>WORK-IT-CIRCUIT <i>just do it</i></p> <p>This class will challenge you in all required ACSM guidelines for fitness: cardio, resistance, flexibility and function as well as Energy's guidelines: fun, fast moving, full body and making time fly.</p>	<p>PUSH CARDIO <i>jump on the bandwagon</i></p> <p>Voted "BEST CLASS" by readers of <i>Woodbury Magazine</i>, we invite you to a powerful cardio full-body workout. This unique cardio class, like all our classes, barefoot on Zebra brand mats to challenge your balance and core. See faster changes in strength and toning with this ever-changing mix of cardio and body-weight exercises.</p>  <p>PUSH BOX & JAB <i>hit me baby one more time</i></p> <p>Cardio, boxing, and martial arts combined to improve your strength, flexibility, speed and overall cardio fitness.</p> <p>PILATES CARDIO <i>life in the fast lane</i></p> <p>Move it to lose it – a fast-paced blend of fat-burning cardio finishing with our signature pilates core strengthening series.</p> <p>SCULPT H.I.I.T <i>go the extra mile</i></p> <p>Combining our signature sculpt class with cardio H.I.I.T drills (H.I.I.T – High Interval Intensity Training).</p>	<p>BARRE BURN <i>belly up to the barre</i></p> <p>Energy brought this class to the Twin Cities years ago and it's still going strong. Using weights and your own body weight, change up muscle recruitment with tiny pulses which become intense with muscle failure. Tone glutes, legs, core and arms!</p> <p>YOGA BARRE <i>bend the rules</i></p> <p>A fantastic fusion of yoga and barre. Begin with a stress-reducing yoga warm-up and then tuck, tighten, and tone your body at the barre.</p> <p>BARRE VIBES <i>let the good vibes roll</i></p> <p>Your 'good vibes only' barre class starts with positive energy – mental and physical – which leads to a fun-filled bold and challenging barre class.</p> <hr/>  <p>35-MIN PREMIUM WORKOUTS!</p> <p>TABATA <i>life in the fast lane</i></p> <p>Tabata is great to get a quick workout in if you're short on time, you need to switch up your routine, or you want improve endurance and speed. Inter/Advanced</p>

SMALL GROUP TRAINING PILATES REFORMER	SMALL GROUP TRAINING PILATES ARC	SMALL GROUP TRAINING YOGA RESTORE
<p>Unique weight and core training with a spring-based resistance machine: the Pilates Reformer! Designed by the legendary Joseph Pilates. We sculpt long, lean bodies that are strong to the core. See why everyone becomes addicted to this machine! *Must have some experience before joining group. Email us to schedule a FREE demo session.</p> <p>\$31. VIP \$29 Limit 4. Pre-register. energypilatesfitness.com</p>	<p>The Pilates Arc is a versatile core strengthener! It can really help those with back pain or with tight, inflexible shoulders, backs and hips - like computer users who sit in a chair all day. Exercises on the Pilates Arc help relieve back pain by improving posture, building flexibility and correcting spinal alignment. The Arc is perfect for the Pilates novice or expert and adds variety and challenge in a ton of ways.</p> <p>\$31. VIP \$29 Limit 4. Pre-register. energypilatesfitness.com</p>	<p>Refresh and indulge yourself. You need it. You deserve it. Your unique session with yoga instructor, Natania, incorporates a variety of relaxation techniques including meditation, guided visualization, yoga nidra, essential oils, light massage, and restorative postures, which allow the body and mind to rest and renew in a deep state of relaxation. All levels welcome. *ALSO AVAILABLE FOR GIRLS NIGHT OUT OPTIONS! Email us for more information: info@energypilatesfitness.com.</p> <p>\$31. VIP \$29 Limit 4. Pre-register. energypilatesfitness.com</p>