

CORE		FLEXIBILITY		TONING		CARDIO	
 <b>PILATES</b>		 <b>YOGA</b>		 <b>RESISTANCE / WEIGHTS</b>		 <b>CARDIO</b>	
OUR CLASSES		OUR CLASSES		OUR CLASSES		OUR CLASSES	
<b>PILATES essential</b> 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.		<b>YOGA essential</b> A Vinyasa-style yoga class utilizing dynamic breathing and long-holding postures for a strong full-body workout.  <b>Voted "BEST CLASS" by readers of <u>Woodbury Magazine</u></b>		<b>SCULPT essential</b> 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.		<b>PUSH cardio</b> "PUSH" is a powerful cardio, full-body workout. See faster changes in strength and toning with this ever-changing mix of body-weight exercises.  <b>Voted "BEST CLASS" by readers of <u>Woodbury Magazine</u></b>	
<b>PILATES cardio</b>	Move it to lose it. Burn calories with cardio and sculpt and strengthen your core with ESSENTIAL core work: pilates!	<b>YOGA two</b>	For intermediate and advanced yogis, Yoga two is a faster flow that incorporates arm balance, inversion, and intense core work.	<b>SCULPT cardio</b>	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!	<b>PUSH jump</b> 	There's oodles of scientific research on the benefits of exercising on a mini trampoline! PUSH jump is unique, non-impact heart-pumping workout. <b>Indoor sneakers optional.</b>
<b>YOGA-lates</b>	An Energizing blend of yoga and Pilates to flow in and out of strength and flexibility.	<b>YOGA barre</b>	A fantastic fusion of yoga and barre. Starting with yoga strength and stretch and then tuck, tighten, and tone at the barre.	<b>HEAVY sculpt</b>	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.	<b>SCULPT cardio</b>	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!
<b>small group training*</b>  <b>PILATES REFORMER</b>   \$39. VIP \$29. Limit 3	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.  Try the Plates Arc. The Arc is perfect for the Pilates novice or expert who wants to add variety and challenge.  <b>NEW! Learn it first! See our schedule for our Reformer 101 sessions!</b>  <i>*Must have some experience before joining a small group session. Email us to schedule a complimentary demo session</i>	<b>YOGA sculpt</b>	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.	<b>YOGA sculpt</b>	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.	<b>STEP one and two</b>	Stepping back ... because it's amazing! Learn all you need to know our STEP one (beginner) class or just enjoy the pace of this fat-burning workout. STEP two is intermediate/advanced with some of Debra's original step class moves! A cardio workout without putting stress on your joints.
		<b>YOGA chill</b>	The perfect balance of yoga and stretching. A variety of props will be used to help achieve relaxation of body, mind, and spirit.	<b>SCULPT four</b>	It's like a group personal training session! High-intensity mixture of (1) "sculpting" pilates, (2) "sculpting" weights (3) "sculpting" cardio and (4) yoga.	<b>PILATES cardio</b>	Move it to lose it. Burn calories with cardio and sculpt and strengthen your core with ESSENTIAL core work: pilates!
		<b>YOGA-lates</b>	An Energizing blend of yoga and Pilates to flow in and out of strength and flexibility.	<b>BARRE</b>	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.	<b>BARRE hop</b> 	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! <b>Indoor sneakers optional.</b>
		<b>All classes and group fitness sessions require pre-registration via our website or the MINDBODY app.</b>  Please visit us at our website to review the registration and cancellations procedures and policies and also our waitlists work. Email us with any questions! info@energypilatesfitness.com.				<b>TABATA</b>	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. <b>Inter/Advanced.</b></i>