

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|--|---|
| 6:00am SCULPT H.I.I.T 45 min Jenny | 6:00am BARRE BODY 45 min Nancy | 6:00am PUSH CARDIO 45 min Jenny | 6:00am CARDIO H.I.I.T 45 min Christa | 6:00am PILATES CARDIO 45 min Jenny | 7:45am PILATES MAT 45 min Nancy | 8:30am BARRE BODY 60 min Barbara |
| 8:35am ENERGY SCULPT 45 min Christa | 7:30am <i>small group personal training</i> PILATES ARC Nancy | 8:35am BARRE BODY 45 min Debra • Elaine | 7:30am <i>small group personal training</i> PILATES ARC Nancy | 8:35am VINYASA YOGA 45 min Crystal | 8:30am POWER PILATES 45 min Barbara | 9:45am PILATES CARDIO 35 min Debra |
| 9:35am CC PILATES MAT 60 min Nancy | 8:35am PILATES CARDIO 45 min Nancy | 9:35am CC YOGA SCULPT 60 min Natania | 8:35am PILATES CARDIO II 45 min Debra • Elaine | 8:35am <i>small group personal training</i> PILATES REFORMER Amanda | 8:35am SCULPT H.I.I.T 45 min Jennifer | 10:45am ELEVATION 45 min Leah |
| 9:35am CC <i>small group personal training</i> PILATES REFORMER Jennifer | 9:45am CC SCULPT H.I.I.T 60 min Jennifer | 12:15pm PUSH CARDIO 45 min Debra • Elaine | 9:45am CC BADASS BARRE 60 min Jess | 9:35am CC PUSH CARDIO 60 min Jennifer | 8:35am <i>small group personal training</i> PILATES ARC Nancy | 4:45pm VINYASA YOGA 60 min Crystal |
| 10:45am CC BARRE BODY 45 min Jessica | 4:15pm VINYASA YOGA 45 min Samantha | 4:45pm YOGA BARRE 45 min Samantha | 11:00am VINYASA YOGA 60 min Samantha | July 14 & 28 11:15am ENERGY SCULPT 45 min Debra | 9:30am PUSH CARDIO 45 min Elaine | FIRST CLASS FREE* INTRO MONTH UNLIMITED: \$50 <i>Must live/work within 20 miles of studio/must be new to studio/one per person.</i> |
| 4:00pm <i>small group personal training</i> PILATES ARC Nancy | 5:30pm PILATES CARDIO 35 min Debra | 5:45pm PUSH CARDIO 45 min Barbara | Nancy's back July 12! | July 7 & 21 11:15am YOGA BARRE 45 min Samantha | 9:35am <i>small group personal training</i> PILATES REFORMER Jennifer | |
| 5:00pm PILATES MAT 45 min Nancy | 5:45pm SCULPT H.I.I.T 60 min Elaine | 6:45pm YOGA SCULPT 60 min Victoria | 12:30pm <i>small group personal training</i> HEAVY CUTS Elaine | 4:45pm VINYASA YOGA II 60 min Victoria | 10:30am BARRE BODY 45 min Debra | |
| 5:50pm BARRE FUSION 45 min Debra | 7:00pm VINYASA YOGA 60 min Madeline | 6:45pm <i>small group personal training</i> PILATES REFORMER Amanda | 4:45pm CARDIO KICKBOXING 45 min Elaine | SUMMER SPECIAL Extended to 7/8 HIGH SCHOOL & COLLEGE STUDENTS: THREE MONTH MEMBERSHIP - \$199 | energy PILATES • FITNESS • YOGA <i>— Energizing Lives —</i> 2170 Eagle Creek Lane • Woodbury • Minnesota • 55129 651-337-0425 • www.energypilatesfitness.com | |
| 6:45pm CANDLELIGHT YOGA 60 min / Natania | <div style="border: 2px solid red; padding: 5px; display: inline-block;"> JULY 2017 SCHEDULE </div> | | | | | |

GROUP CLASSES • No pre-registration! • \$22 per class • Memberships and class punch cards available • CC = Childcare \$7 drop in per family • Nancy in France **Dates of classes online**
SMALL GROUP PERSONAL TRAINING • Pricing not included in group fitness membership • **Dates of sessions online** • Pre-registration & pre-payment required • No membership required to join small group sessions.

GROUP FITNESS CLASSES

| | PILATES | YOGA | CARDIO | BARRE | WEIGHTS |
|-------------------|--|---|---|--|--|
| THE ESSENTIALS | PILATES MAT It's different at Energy! We instruct and educate you about your core. You don't know "abs" until you learn all about Pilates. It's a full-body workout. | VINYASA YOGA WINNER Best Yoga Flow in and out of sun salutations utilizing dynamic breathing, long-holding postures while working every part of your body. *Heated and non-heated* | PUSH CARDIO WINNER Best Fitness Class. This unique cardio training class is performed barefoot on matted floors. Your body will change with the ever-changing mix of cardio and body-weight muscular | BARRE BODY As we Featured on Twin Cities Live "Booty" workouts work! Tiny pulses become intense with muscle fatigue. Your glutes, legs, core, arms are all targeted in your barre class. | ENERGY SCULPT Signature weight-training class A full-body workout using a proven formula: light weights & high reps. Efficient weight training at its best. Major toning and definition for your entire body. <i>Shoes optional (indoor only shoes please)</i> |
| MIX IT UP | PILATES CARDIO Fat-burning barefoot cardio including lower & upper body concentrations involving core and balance. Topped off with Pilates. | YOGA BARRE Opposites attract. Tuck, tighten, tone your body and then stretch, and tighten tone with yoga flow for flexibility and soul-boosting and soothing. | CARDIO KICKBOXING Cardio, boxing, and martial arts! Improve your strength, flexibility, speed and overall aerobic fitness. Kick, punch, and hook your way to fitness. CARDIO H.I.I.T. Cross-train with weight-training intervals mixed with your cardio. | BARRE FUSION As if Barre wasn't enough, mix it up and add cardio drills for more calorie burning. | ELEVATION This class is an unique twist on sculpting your body. Using the height a chair, elevate your weight training with large range of motion for legs and glutes. A unique full-body workout. |
| HIT IT HARD | POWER PILATES Take it up a notch with your core workout. The core will be challenged by strength, endurance (reps) and flexibly. | YOGA SCULPT Boost your yoga practice with adding free weights to added muscular endurance and strength. VINYASA YOGA II A class for our intermediate and advanced yogi's, Vinyasa II is a faster flow that incorporates arm balance, inversion, and intense core work. | Level options demonstrated in all classes. Unless noted, no pre-registration required. \$22 per class. Memberships and class punch cards available. Bring your own mat for yoga and pilates classes or use ours with no additional charge. | BADASS BARRE Tap into your mental and physical strength in this class. Dig deep and let's kick the stresses of life to the curb in this empowerment-filled class. Glutes, legs, upper body and core maxed. | SCULPT H.I.I.T. Combining our signature sculpt class with H.I.I.T cardio drills. (H: high I: intensity I: interval T: training). |

SMALL GROUP PERSONAL TRAINING SESSIONS

| | PILATES | YOGA | WEIGHTS |
|---------------------------|--|--|--|
| ALL LEVELS ALL AGES | PILATES REFORMER Unique core and full-body workouts involving the reformer machine. Visit us online for more info. *Must have prior reformer experience before joining first group class. For a free demo: info@energypilatesfitness.com PILATES ARC Using the Pilates Arc, build core strength and improve spine, shoulder and hip mobility. The Arc was inspired by Joseph Pilates' original spine corrector. The Arc is perfect for Pilates beginners or if you've practiced Pilates for years. Limit 3 | YOGA RESTORE Refresh & indulge yourself. This class 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. Sense of peace & calm free with session. Limit 4 | HEAVY CUTS Old school weight training never gets old. HEAVY CUTS sessions offer a no-compromise strength training experience. Our time-efficient, science-based weight training sessions are tailored to your exact needs. Build strength and cross-train with heavy weights and as a bonus, we take it a tad further and may throw in some hardcore weighted pilates for your core. Limit 4 |