

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am SCULPT H.I.I.T 45 min Jenny	6:00am BARRE BODY 45 min Nancy/Jess	6:00am PUSH CARDIO 45 min Jenny	5:45am 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	7:20am small group personal training PILATES ARC Nancy	8:35am BARRE BODY 45 min Jenny	No class May 11 8:35am NEW! PILATES CARDIO II 45 min Debra	8:35am small group personal training PILATES REFORMER Amanda	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	9:45am cc small group personal training PILATES REFORMER Jenny	NEW! 8:35am VINYASA YOGA 45 min Crystal	8:35am SCULPT H.I.I.T 45 min Jennifer	No class May 7 10:45am ELEVATION 45 min / Leah
9:35am cc small group personal training PILATES REFORMER Jennifer	9:45am cc SCULPT H.I.I.T 60 min Jennifer	12:15pm PUSH CARDIO 45 min Christa	9:45am cc BADA** BARRE 60 min Jess	NEW! 9:35am cc small group personal training PILATES REFORMER Amanda	8:35am small group personal training PILATES ARC Nancy	3:30pm May 7 YOGA-NASTICS FOR KIDS / Erica
10:45am cc BARRE BODY 45 min Jessica	11:15am ENERGY SCULPT 45 min Jenny	3:15pm small group personal training YOGA RESTORE Samantha	11:00am VINYASA YOGA 60 min Samantha	9:35am cc PUSH 60 min Jennifer	9:30am PUSH CARDIO 45 min Elaine/Caroline	4:45pm VINYASA YOGA 60 min Samantha/Crystal
4:00pm small group personal training PILATES ARC Nancy	4:15pm VINYASA YOGA 45 min Samantha	4:45pm YOGA BARRE 45 min Samantha	12:15pm small group personal training PILATES REFORMER Jennifer	11:15am ENERGY SCULPT 45 min Debra	9:35am small group personal training PILATES REFORMER Jennifer	
5:00pm PILATES MAT 45 min Nancy	No class May 23 5:30pm PILATES CARDIO 35 min Debra	5:45pm PUSH CARDIO 45 min Barbara	4:45pm CARDIO KICKBOXING 45 min Elaine	12:15pm small group personal training HEAVY CUTS TRAINING Jenny	10:30am BARRE BODY 45 min Debra	
5:50pm BARRE FUSION 45 min Debra	5:45pm SCULPT H.I.I.T 60 min Elaine	6:45pm HEATED VINYASA YOGA 60 min / Victoria	7:00pm small group personal training YOGA RESTORE Samantha	NEW! 12:15pm YOGA BARRE 45 min Samantha		
6:45pm CANDLELIGHT YOGA 60 min Natania	7:00pm BADASS BARRE 45 min Jessica	6:45pm small group personal training PILATES REFORMER Amanda		4:45pm VINYASA YOGA II 60 min Victoria	<p>2170 Eagle Creek Lane • Woodbury • Minnesota • 55129 651-337-0425 • www.energypilatesfitness.com</p>	

Group Fitness Classes: No pre-registration needed! Drop in \$22; memberships & punch cards available. **CC** = Child care: \$7 drop in per family.
Small Group Personal Training: Not included in group fitness membership. **Dates of sessions online.** Pre-registration & prepayment required online.
 No membership needed to join small group sessions. ***First Class Free/Intro Special:** Must live/work within 20 miles of studio/must be new to studio/one per person.

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 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 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 a unique twist on sculpting the 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.	TABATA Cardio and strength training the TABATA way! An amazing cross-training class with high metabolic drills. Expect massive calorie burn and lots of internal cursing.	BADA** 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 HIIT cardio drills. (H: high I: intensity I: interval T: training).

Level options demonstrated in **all** group fitness 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.

SMALL GROUP PERSONAL TRAINING SESSIONS

	PILATES	YOGA	CARDIO	WEIGHTS
ALL LEVELS ALL AGES	PILATES REFORMER Unique core and full-body workouts involving the reformer machine, visit us online. Must have prior former experience. 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	EXTREME BURN WINNER Best Personal Trainer Trainer and Owner Debra, takes it up a notch in this cardio, sweat and laughter session. The new "Ladies Night Out." 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