


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
6:00am 45 min	YOGA SCULPT Victoria	6:00am 45 min June 4, 11 BARRE BURN Nancy	6:00am 30 min June 18, 25 TABATA Michelle	6:30am 30 min	TABATA Michelle	6:00am 45 min	VINYASA YOGA Alex	6:00am 45 min	WORK-IT CIRCUIT Nancy and Staff	7:15am 30 min	PERSONAL TRAINING SESSION Debra \$	8:00am 60 min	YOGA SCULPT Victoria		
8:45am 45 min	ENERGY MIX cardio explosion Jenny	7:30am 50 min	SMALL GROUP PILATES ARC Nancy \$	8:00am 30 min	PERSONAL TRAINING SESSION Debra \$	8:45am 45 min	SCULPT H.I.I.T Allie	7:30am 50 min	SMALL GROUP REFORMER Nancy \$	7:45am 45 min	PILATES STRENGTH Nancy	9:15am 60 min	BARRE BURN Barbara		
9:45am 60 min	PILATES STRENGTH Nancy childcare	8:45am 45 min	PILATES CARDIO Nancy	8:45am 45 min	BARRE VIBES Jenny	9:45am 60 min	BARRE BURN Natania childcare	8:45am 45 min	YOGALATES Debra Madeline	8:00am 30 min	TABATA Debra	10:30am 45 min	PILATES STRENGTH Barbara		
9:45am 50 min	SMALL GROUP REFORMER Jenny \$ childcare	9:45am 60 min	WORK-IT CIRCUIT Jenny childcare	9:45am 60 min	YOGA SCULPT Natania childcare	11:00am 45 min	VINYASA YOGA Samantha	9:45am 60 min	ENERGY MIX cardio explosion Jenny childcare	8:45am 45 min	SCULPT H.I.I.T Elaine	3:30pm 45 min	PUSH CARDIO Kari		
4:00pm 50 min	SMALL GROUP REFORMER Nancy \$	4:15pm 45 min	VINYASA YOGA II Samantha	12:15pm 45 min	PUSH CARDIO Debra	5:15pm 45 min	PUSH BOX & JAB Elaine	11:00am 45 min	June 14, 28 YOGA BARRE Samantha	8:45am 50 min	SMALL GROUP REFORMER Nancy \$	4:15pm 50 min	June 30 SMALL GROUP REFORMER Jenny \$		
5:00pm 45 min	PILATES STRENGTH Nancy	5:15pm 30 min	PILATES CARDIO Debra	4:45pm 45 min	YOGA BARRE Samantha	6:15pm 45 min	ENERGY SCULPT Jenny	11:00am 45 min	June 7, 21 ENERGY SCULPT Debra	9:45am 45 min	BARRE VIBES Debra Alex Barbara	4:45pm 60 min	VINYASA YOGA Samantha		
6:00pm 45 min	BARRE BURN Debra	6:00pm 30 min	TABATA Debra Michelle	5:15pm 50 min	PERSONAL TRAINING SESSION Debra \$	7:15pm 45 min	YOGALATES Madeline	7:00pm 50 min	June 7 GIRLS' NIGHT OUT SMALL GROUP YOGA RESTORE Natania \$	 energy FITNESS THAT DRAWS YOU IN					
6:00pm 50 min	SMALL GROUP REFORMER Nancy \$	6:45pm 60 min	VINYASA YOGA Natania Madeline	5:45pm 45 min	ENERGY MIX cardio explosion Barbara Debra	7:15pm 50 min	SMALL GROUP REFORMER Laura \$	3100 Woodbury Drive Suite 200 Woodbury MN 55129 651-337-0425 energypilatesfitness.com epigeneticendeavors.com							
7:00pm 60 min	YOGA CHILL Natania	7:15pm 50 min	NEW SMALL GROUP REFORMER Laura \$	6:45pm 45 min	SCULPT H.I.I.T Mary	June 2019									

GROUP FITNESS	SMALL GROUP PERSONAL TRAINING	30-MIN PERSONAL TRAINING
<p>"Just Try It" Offer! FIRST CLASS FREE*</p> <p>See website for more info. \$25 class \$7 childcare</p> <p>Punch cards and LIMITED VIP memberships available. Preregister online.</p>	<p></p> <p>Pilates Reformer, Pilates Arc, Yoga Restore VIP \$29 Guests \$31 Preregister online.</p>	<p></p> <p>Looking for a quick, private personal training session? Energy's Master Trainer, Debra, has opened her schedule for easy booking online. \$50 Preregister online.</p>

KID'S CLASSES start this month on Tuesdays and Thursdays @ KIDS MIND and @ KIDS Strong!
 See online schedule.