

EFFECTIVE TUESDAY, SEPTEMBER 8, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
SCULPT-H.I.I.T 6:00am 45 min JENNY	OUTDOOR ENERGY BOOTCAMP ☀️ 6:00am 45 min AMANDA	PUSH CARDIO 6:00am 45 min BARBARA JENNIFER	BARRE 6:00am 45 min NANCY	FUN WITH... 6:00am 60 min NANCY	ENERGY SCULPT 6:50am 45 min JENNY	BARRE 8:00am 60 min BARBARA DEBRA			
TABATA 8:35am 45 min MARY	PILATES CARDIO 6:15am 45 min JENNY	BARRE 8:35am 45 min JENNY	TRIGGER POINT PILATES 7:20am 45 min NANCY	SCULPT H.I.I.T 8:35am 45 min MARY	PILATES MAT 7:45am 45 min NANCY	YOGA STRENGTH 9:15am 60 min VICTORIA			
PILATES MAT 9:30am 60 min ♡ NANCY	TRIGGER POINT PILATES 7:20am 45 min NANCY	YOGA STRENGTH 9:30am 60 min ♡ NATANIA	PILATES MAT 8:35am 45 min NANCY DEBRA	PUSH CARDIO 9:30am 60 min ♡ JENNIFER	PILATES MAT <i>kick-YOUR-BUTT</i> 8:35am 45 min BARBARA	No class 9/27 ELEVATION 10:30am 45 min LEAH			
GROUP REFORMER PRE 9:30am 50 min ♡ JENNIFER	PUSH CARDIO 8:35am 45 min DEBRA	GROUP REFORMER PRE 9:30am 50 min ♡ JENNIFER	BARRE 9:35am 60 min ♡ CHRISTA	ENERGY MIX ★ 10:45am 60 min JENNY	SCULPT-H.I.I.T 8:35am 45 min JENNIFER	PUSH CARDIO 3:30pm 60 min 9/06 – No Class 9/13 - Elaine 9/20 - Alice 9/27 – Christa			
GROUP REFORMER PRE 10:30am 50 min ♡ JENNIFER	SCULPT-H.I.I.T 9:30am 60 min ♡ JENNIFER	OUTDOOR ENERGY ☀️ 9:35am 45 min ♡ CHRISTA	OUTDOOR ENERGY ☀️ 9:35am 45 min ♡ AMANDA	ENERGY SCULPT 11:15am 45 min DEBRA	PUSH CARDIO 9:30am 45 min ♡ CAROLINE ELAINE				
BARRE 10:45am 45 min ♡ CHRISTA	OUTDOOR ENERGY ☀️ 9:30am 45 min ♡ AMANDA	YOGA "FOR THE UNFLEXIBLE" ★ 11:15am 45 min DEBRA	GROUP REFORMER PRE ★ 10:45am 50 min JENNIFER	September 25 BRAZILIAN ENERGY 6:45am 60 min ★ NATANIA	BARRE 10:30am 45 min DEBRA	VINYASA YOGA 4:45pm 60 min ★ ALLEN			
ENERGY MIX ★ Cardio Sculpt Pilates Yoga 12:15pm 60 min JENNY	RESTORATIVE YOGA 11:45am 60 min SAMANTHA	RESTORATIVE YOGA ★ 4:00pm 60 min SAMANTHA	VINYASA YOGA 11:00am 60 min WAYNE	<div data-bbox="1302 792 1869 1031" data-label="Text"> <p>energy PILATES·FITNESS·YOGA — Energizing Lives —</p> </div> <div data-bbox="1344 1031 1816 1112" data-label="Text"> <p>2170 Eagle Creek Lane, Suite D & E Woodbury MN 55129</p> </div> <div data-bbox="1260 1112 1900 1153" data-label="Text"> <p>651-337-0425 www.energypilatesfitness.com</p> </div> <div data-bbox="1543 1185 1669 1226" data-label="Section-Header"> <p>Legend</p> </div> <div data-bbox="1249 1226 1942 1315" data-label="Text"> <p>♡ = Child care services available; drop-in charge \$6 per family/class/session.</p> </div> <div data-bbox="1249 1307 1806 1347" data-label="Text"> <p>PRE = Pre-registration and payment required.</p> </div> <div data-bbox="1249 1339 1942 1421" data-label="Text"> <p>★ = New! Either new class, new time, new instructor or change.</p> </div> <div data-bbox="1249 1412 1963 1461" data-label="Text"> <p>⊙ = "No-excuses" class! Full-body workout in 30 minutes.</p> </div> <div data-bbox="1249 1453 1942 1502" data-label="Text"> <p>☀️ = Weather permitting; see online schedule for dates.</p> </div>					
PILATES MAT RETURNS 10/1/15 PILATES MAT 5:00pm 45 min NANCY	ENERGY MIX ★ ⊙ ♡ 4:15pm 35 min DEBRA	VINYASA YOGA 5:35pm 60 min VICTORIA	KICK BOX CORE 4:40pm 45 min ♡ ELAINE				<div data-bbox="945 1291 1228 1339" data-label="Text"> <p>SPECIAL DATES</p> </div>		
PUSH POWER ⊙ 5:05pm 30 min DEBRA	PILATES CARDIO & CORE ⊙ 5:05pm 30 min DEBRA	TABATA ⊙ 6:15pm 30 min AMANDA	ENERGY MIX ★ 5:30pm 45 min BARBARA						
BARRE FUSION 5:45pm 45 min DEBRA CHRISTA	SCULPT-H.I.I.T 5:45pm 45 min ♡ AMANDA	YOGA "FOR THE UNFLEXIBLE" ★ 6:55pm 30 min AMANDA	CANDLE LIGHT YOGA 6:20pm 60 min NATANIA						
HEATED YOGA 6:35pm 60 min NATANIA	PUSH CARDIO 7:00pm 45 min CAROLINE	BARRE SCULPT 7:00pm 60 min DIANA & JAMIE							
<div data-bbox="94 1388 1228 1526" data-label="Text"> <p>September 8: Morning Mimosas, mini muffins, mini massages and 1st look of tons of new Fall workout wear and active wear: ALO, ONZIE, TONIC & SPIRITUAL GANGSTER</p> <p>September 19: Womens' Wellness Workshop – 1:00-3:30pm. Register online.\$</p> </div>									

September 2015 Group Fitness and Group Reformer Classes

PILATES

PILATES MAT: It's different at Energy. We educate and instruct where the core really is. This is the encyclopedic class on core training. All classes at Energy are Pilates-based; we feel education in movement is paramount & always give detailed instruction on how to move properly with Pilates-based principals in every class.

PILATES MAT "KICK-YOUR-BUTT": It's "Next-Level" Pilates in terms of strength, endurance and flexibility; it is suitable for all students who have experience with Pilates Mat. **Intermediate/advanced.**

PILATES CARDIO & CORE: *Woodbury's 1st Pilates Class and original format designed by Debra in 2007.* With infectious energy & honest encouragement, we will keep you motivated and moving. Profiled in **Woodbury Magazine**, fitness enthusiasts flock to this unique class. Begin with a strong emphasis on fat-burning barefoot cardio including lower & upper body concentrations all involving core, balance & then to it off with Pilates Mat.

TRIGGER POINT PILATES: Bring your tight, sore, & knotted muscles to us. You will learn a very effective method and muscle flexibility and if needed, joint mobility. With the progressive use of foam rolling, ball rolling and strap stretching, release chronically tight muscles & break up muscle tightness and restrictions. Principals of Pilates explained and used in every exercise.

PILATES REFORMER GROUP CLASS: Pre-registration and payment required. To learn more about this unique workout class, visit us online. **Note: This class is not included in a group fitness membership.**

YOGA

RESTORATIVE YOGA: We'll slow it down to deepen our practice, sink into our postures (and really feel that stretch!); this class is what yoga's all about. We'll release tension in our bodies and quiet our minds so we can rest in the present moment, finding peace within. Your body will thank you and you can feel good knowing yoga has been shown to alleviate symptoms of depression and fatigue, as well as lower cortisol levels associated with weight gain, high blood pressure and heart disease.

VINYASA YOGA: 2014 "WINNER" Best Yoga Class Woodbury Magazine. Flow in and out of sun salutations utilizing dynamic breathing, long-holding postures while working every part of your body. This class will build strength, tone and detoxify the body.

CANDLE LIGHT YOGA: Free your mind, the rest will follow! Energy's "Calm Down" yoga class. A recent surge in innovative research has spoken; you need this. This attitude-adjusting class is a blend of movement and breath giving you an opportunity to let go of your day. Not too gentle, not too athletic; just the right combination of strengthening, stretching and relaxation.

HEATED YOGA: "No, not the 'I am dying-hot" yoga" – Heat your body & explore deeper extensions into postures. Enjoy more static movements & less flow, allowing more time in postures for an overall deeper stretch. In addition to building strength, flexibility, and balance, you will detoxify through added heat and breath. This class is a great compliment to cardio workouts, those working through injuries, or anyone just wishing to escape the cold! Water and a small hand towel are recommended, as you will break a sweat in this yoga session.

NEW! YOGA FOR THE INFLEXIBLE: If your body feels the effects of "too many squats, too many barre classes, and/or you simply are "born this way" with tight and sore muscles, this class is for you. Practice the poses of flexibility and strength with the understanding that it's okay to wince, and just "get through this" to reap the amazing and undisputed benefits of yoga in a *non-traditional* yoga class. *Disclaimer: Taught by fitness instructors who cannot speak Sanskrit and will mostly like curse loudly under her breath*

CARDIO

PUSH CARDIO: 2012 WINNER "Best Fitness Class" Woodbury Magazine. It's THE class. You must experience what everyone is talking about. The ultimate power-packed cardio training class – performed barefoot on matted floors for cushion and balance work. Always powerful and always controlled as you use large muscle groups in a variety of full range-of-motion exercises infused with balance work, athletic drills & an ever-changing mix of cardio/strengthening exercises. "PUSH" yourself with easy-to-follow movement, which really brings focus to the entire body with cardio!
intermediate/advanced

KICK BOX CORE: Cardio, Boxing, and Martial Arts! Improve your strength, flexibility, speed and overall aerobic fitness. We will kick, punch, and hook our way to fitness.

TABATA: Cardio & condition training developed by Dr. Tabata. Use your body more efficiently with this cardio training class. Athletes will efficiently boost athletic performance. This class is exciting & dynamic with high metabolic drills with massive calorie expenditure. **intermediate/advanced**

WEIGHT TRAINING

SCULPT: Our signature weight-training class for over 20 years. - See and feel the results! A full-body & fun workout using a proven formula: light weights & high reps. Every movement plane is worked using weights and body weight precisely designed so each movement has a purpose and a goal. You'll work multiple muscle groups at once. Efficient weight training at its best. (Shoes optional: indoor-only shoes)

SCULPT H.I.I.T- Now combine the Twin Cities' first group exercise weight class with cardio drills. (H: high I: intensity I: interval T: training).

ELEVATION: Energy loves Madonna's workout with the chair! Using the height of the chair for lunges, squats, upper body and core, this class definitely takes sculpting to an entirely different level. And you thought BARRE was hard? **intermediate/advanced**

BARRE

BARRE: As demonstrated by Energy on *Twin Cities Live*: "Booty" workouts works! Barre classes have been popular at Energy since we first introduced this format to the Twin Cities. This class has an interval fitness regime, which rocks your entire body. With interval training sets, using your own body weight for resistance, you'll perform dynamic exercises to target muscles (the bum, the bum, the bum!) and overloaded to the point of fatigue, then stretched for relief. Smokin'.

BARRE FUSION: Cardio fat-burning drills added.

BARRE SCULPT: Adding weight training intervals.

SPECIALITY

BOOTCAMP: You know the drill; but Energy's Bootcamp is different, *it's better.* Energy + laughter + workout = results. Move over "Barry's Bootcamp"!

BRAZILIAN ENERGY: An eclectic and progressive dance fitness workout. Straight from her hometown in Brazil, Natania, is rocking Woodbury with her Axe' music drives the workout with intensity. Groove to the love, energy and spirit of Brazil. "Axe'" means "soul," "light", "spirit" or good vibration!

ENERGY MIX: No fad-hopping at Energy – science based exercise at it's best. All-in-one cross training class: cardio, weights, yoga and pilates. You're welcome.

NEW FORMAT COMING SOON! CA.YO. CLIMB: Merging together cardio and yoga "progression style." Start slow and climb to **your** best cardio and yoga best!

All classes are all levels unless noted. We show options for everyone in each class. Feel free to bring your own mat or use one of ours (no extra charge).