

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Yoga Sculpt 45 minutes VICTORIA	6:00 am Barre Burn 45 minutes NANCY	6:30 am NEW 30 Begins April 10 Tabata PREMIUM 30 min DEBRA MICHELLE	6:00 am Vinyasa Yoga 45 minutes ALEX	6:00 am Work-it Circuit 45 minutes NANCY	7:45 am Pilates Strength 45 minutes NANCY	8:00 am Yoga Sculpt 60 minutes VICTORIA
8:45 am	Energy Mix cardio explosion 45 minutes JENNY	7:00 am Available! Personal Training YOGA NATANIA	8:00 am NEW Last Wednesday of the Month Tabata PREMIUM 30 min DEBRA	8:45 am Sculpt H.I.I.T 45 minutes JENNY	7:30 am Small Group Pilates Reformer NANCY	8:00 am NEW 30 Tabata PREMIUM 30 min DEBRA MICHELLE	9:15 am Barre Burn 60 minutes BARBARA
9:45 am	Pilates Strength 60 minutes NANCY childcare	7:30 am Small Group Pilates Arc NANCY	8:45 am Barre Vibes 45 minutes JENNY	9:45 am Barre Burn 60 minutes NATANIA childcare	8:45 am Yoga-lates 45 minutes DEBRA	8:45 am Sculpt H.I.I.T 45 minutes ELAINE	10:30 am Pilates Strength 45 minutes BARBARA
9:45 am	Small Group Pilates Reformer JENNY childcare	8:00 am NEW 30 Last Tuesday of the Month Tabata PREMIUM 30 min DEBRA	8:45 am Available! Personal Training DEBRA	11:00 am Vinyasa Yoga 60 minutes SAMANTHA	9:45 am Energy Mix cardio explosion 60 minutes BRIA JENNY childcare	8:45 am Small Group Pilates Reformer NANCY	3:30 pm PUSH Cardio 45 minutes KARI
4:00 pm	Small Group Pilates Arc NANCY	8:45 am Pilates Cardio 45 minutes NANCY	9:45 am Yoga Sculpt 60 minutes NATANIA childcare	4:00 pm Available! Personal Training YOGA SAMANTHA	11:00 am Apr 12, 26 Energy Sculpt 45 minutes DEBRA Apr 5, 19 Yoga Barre 45 minutes SAMANTHA	9:45 am Yoga Barre 60 minutes LINDSEY	4:15 pm Small Group Reformer LAURA
5:00 pm	Pilates Strength 45 minutes NANCY	9:45 am Work-it Circuit 60 minutes JENNY childcare	12:15 pm PUSH Cardio 45 minutes DEBRA	5:15 pm PUSH Box & Jab 45 minutes ELAINE	12:15 pm Small Group Yoga Restore NATANIA	9:45 am Available! Personal Training DEBRA	4:45 pm Vinyasa Yoga 60 minutes SAMANTHA
5:15 pm	Available! Personal Training DEBRA	4:15 pm Vinyasa Yoga II 45 minutes SAMANTHA	4:45 pm Yoga Barre 45 minutes SAMANTHA	6:15 pm Energy Sculpt 45 minutes DEBRA FOR ALLIE (April)	 <h1>energy</h1> <p>FITNESS THAT DRAWS YOU IN</p> <p>3100 Woodbury Drive, Suite 200 Woodbury MN 55125 651-337-0425 www.energypilatesfitness.com</p>		
6:00 pm	Barre Burn 45 minutes DEBRA	5:15 pm 30 Pilates Cardio PREMIUM 30 min DEBRA	5:15 pm Available! Personal Training DEBRA	7:15 pm NEW Last Thursday of every Month GIRLS' NIGHT OUT PUSH Groove GYRATION & LIBATION 45 minutes LINDSEY			
6:00 pm	Small Group Reformer NANCY	6:00 pm Vinyasa Yoga 60 minutes LINDSEY	5:45 pm Sculpt H.I.I.T 45 minutes BARBARA ALLIE				
7:00 pm	Yoga Chill 60 minutes NATANIA	7:00 pm NEW 30 Begins April 9 Tabata PREMIUM 30 min DEBRA MICHELLE	6:45 pm Work-it Circuit 45 minutes WELCOME BACK MARY	7:30 pm Small Group Pilates Reformer LAURA			

April 2019

*no classes Easter Sunday



Group Fitness Classes

\$25 class | \$7 childcare

Punch cards and LIMITED VIP memberships available.

Preregister online.



Small Group Personal Training

Pilates Reformer, Pilates Arc, Yoga Restore

VIP \$29 | Guests \$31

Preregister online.



Private Yoga Sessions

SAMANTHA AND NATANIA

Personal Training Sessions

DEBRA

Preregister online.

PILATES	YOGA	WEIGHTS	CARDIO	BARRE & MORE
<p>PILATES STRENGTH <i>belly buster</i></p> <p>Our medical director, Dr. Julie England, always prescribes pilates! Your body will thank you time and time again.</p> <p>Energy's pilates mat class fuses classical principles and a more contemporary athletic approach to produce noticeable results in a shorter amount of time. You'll leave feeling accomplished, energized and worked head to toe.</p> <p><i>Every group fitness class and training session. at Energy incorporate pilates-based core emphasis to maximize your workout each and every workout, each and every time.</i></p> <p>PILATES CARDIO <i>life in the fast lane</i></p> <p>Move it to lose it – a fast-paced blend of fat-burning cardio finishing with our signature pilates core strengthening series.</p> <p>YOGA-LATES <i>you can have it both ways</i></p> <p>This class combines the yoga focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong and defined core.</p>	<p>VINYASA YOGA <i>don't get bent out of shape</i></p> <p>Flow in and out of sun salutations utilizing dynamic breathing and long-holding postures for a strong full-body workout. Voted "BEST YOGA" by Woodbury Magazine.</p>  <p>YOGA SCULPT <i>savasana strong</i></p> <p>Boost your yoga practice by adding free weights to build muscular endurance and strength and the savasana has never felt so right.</p> <p>YOGA BARRE <i>bend the rules</i></p> <p>A fantastic fusion of yoga and barre. Begin with stress-reducing yoga warm-up and then tuck, tighten, and tone your body at the barre.</p> <p>YOGA CHILL <i>don't sweat the small stuff</i></p> <p>The perfect balance of gentle yoga and stretching. A variety of props will be used to help achieve relaxation for body, mind, and spirit.</p> <p>YOGA-LATES <i>you can have it both ways</i></p> <p>This class combines the yoga focus on enhanced mind and body awareness, strength, stamina, flexibility and balance, with Pilates techniques to improve posture and create a strong and defined core.</p>	<p>ENERGY SCULPT <i>quad goals</i></p> <p>Our signature weight-training class. A full-body workout using a proven formula; lights weights & high reps. Efficient weight training at its best.</p> <p>SCULPT H.I.I.T <i>go the extra mile</i></p> <p>Combing our signature sculpt class with crazy cardio H.I.I.T drills (H.I.I.T – High Interval Intensity Training).</p> <p>ENERGY MIX <i>the whole nine yards</i></p> <p>Your new favorite class. Work out with a high-intensity mixture of everything your body needs: some pilates, some weights, some cardio and ending with yoga strength and flexibility.</p> <p>YOGA SCULPT <i>savasana strong</i></p> <p>Boost your yoga practice by adding free weights to build muscular endurance and strength and the Savasana has never felt so right.</p>	<p>PUSH CARDIO <i>jump on the bandwagon</i></p> <p>Voted "BEST CLASS" by readers of <u>Woodbury Magazine</u>, we invite you to a powerful cardio full-body workout. This unique cardio class, like all our classes, barefoot on Zebra brand mats to challenge your balance and core. See faster changes in strength and toning with this ever-changing mix of cardio and body-weight exercises.</p>  <p>PUSH BOX & JAB <i>hit me baby one more time</i></p> <p>Cardio, boxing, and martial arts combined to improve your strength, flexibility, speed and overall cardio fitness.</p> <p>PUSH GROOVE <i>moves like jagger</i></p> <p>Your favorite cardio class with a groove dance mood with Lindsey. A workout should always be this much fun.</p> <p>PILATES CARDIO <i>life in the fast lane</i></p> <p>Move it to lose it – a fast-paced blend of fat-burning cardio finishing with our signature pilates core strengthening series.</p>	<p>BARRE BURN <i>belly up to the barre</i></p> <p>Energy brought this class to the Twin Cities years ago and it's still going strong. Using weights and your own body weight, change up muscle recruitment with tiny pulses which become intense with muscle failure. Tone glutes, legs, core and arms!</p> <p>YOGA BARRE <i>bend the rules</i></p> <p>A fantastic fusion of yoga and barre. Begin with a stress-reducing yoga warm-up and then tuck, tighten, and tone your body at the barre.</p> <p>BARRE VIBES <i>let the good vibes roll</i></p> <p>Your 'good vibes only' barre class starts with positive energy – mental and physical – which leads to a fun-filled bold and challenging barre class.</p> <hr/>  <p>30 MIN PREMIUM WORKOUTS! TABATA <i>life in the fast lane</i></p> <p>Tabata is great to get a quick workout in if you're short on time, you need to switch up your routine, or you want improve endurance and speed. Inter/Advanced</p>

SMALL GROUP TRAINING
PILATES REFORMER / ARC

SMALL GROUP TRAINING
YOGA RESTORE

PRIVATE PERSONAL TRAINING

Unique weight and core training with a spring-based resistance machine: the Pilates Reformer! Designed by the legendary Joseph Pilates. We sculpt long, lean bodies that are strong to the core. See why everyone becomes addicted to this machine!
*Must have some experience before joining group. **Email us to schedule a FREE demo session.**

\$31. VIP \$29 | Limit 4.
Pre-register. www.energypilatesfitness.com

Refresh and indulge yourself. You need it. You deserve it. Your unique session 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. All levels welcome.

\$31. VIP \$29 | Limit 6.
Pre-register. www.energypilatesfitness.com

Not only are our qualified, experienced, and certified staff at-the-ready to train you at any time for anything, we now have ONE SESSION options to book online from the group fitness page. **New** private yoga sessions with Samantha or Natania. Book Energy's Master Trainer and Owner, Debra Tourek, for a session that is full-body or body-specific, mindful and energetic *and who couldn't use her stress-reducing upper body/neck massage at the end!*

FIRST SESSION FREE

Visit our website for more information: www.energypilatesfitness.com