

September Schedule: Group Fitness



2110 Eagle Creek Lane, Woodbury, MN 55125 / info.EPF@energypilatesfitness.com / 651-249-7114

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00* PUSH Barbara/Christa	6:00* Yoga Wayne	6:00* PUSH Jennifer/Christa	6:00* BARRE Nancy	6:00 Pilates Cardio Core II Nancy	6:45* Energy Sculpt Alice & Michael
8:00 BarreFusion Debra/Barbara	8:30* TaBaTa Jennifer/Mary	8:30* PUSH Debra	8:30* BARRE Debra/Nancy	8:30* Pilates Mat Nancy	8:30 30 MIN HI POWER SCULPT HIIT Mary	7:45* Pilates Mat Nancy
10:30* Elevation Leah	9:30 <small>childcare available</small> Pilates Mat 60 Nancy	9:30 <small>childcare available</small> Pilates Cardio Core II Jennifer	9:30 <small>childcare available</small> Energize Melissa	9:30 <small>childcare available</small> BARRE Christa	9:30 <small>childcare available</small> PUSH Debra/Jennifer	8:35* Sculpt-HIIT Jennifer
	New! Starts 9/16 11:00 PUSH Christa		11:00 <small>childcare available</small> Energy Sculpt Alice	11:00 Yoga Wayne		9:30* <small>childcare available</small> PUSH Caroline
3:30 PUSH Debra	4:30* Pilates Cardio Core II Debra	9/10 only 4:30 PILATES PLUS MAT CLASS Nancy		9/19 & 9/26 only 4:30* Trifecta Alice	<p>Has picked Energy Pilates & Fitness as "Studio of the Month" Join us every Saturday 9-10am in St. Paul at the Union Depot. FREE classes! Invite your friends and family! Mats provided or bring your own!</p>	
		5:30* Sculpt-HIIT Krista	5:30* Extreme CX Training Michael	5:30* BarreFusion Debra		
		Start 9/10 6:30* TaBaTa Stephanie	New! Starts 9/11 6:30* 30 MIN POWERCARDIO Debra	6:30 Pilates Mat 60 Nancy		
	7:00 PUSH Christa		New! 7:05 Pilates Cardio Core I Barbara			

*= 45 minute class / No shoes needed for classes; matted floors! Yoga mats provided or bring your own!

PRICING OPTIONS

✓ Drop-in: \$12 ✓ Monthly auto-withdrawal ✓ Online electronic class punch cards.

Childcare options: One class: \$5 drop-in; punch cards; and unlimited auto-withdrawal.

Online scheduling system now allows you to:

✓ See who is teaching in real time!

✓ Schedule and book appointments for *Personal Training, Pilates Reformer, Pilates Chair, Private Yoga & Private Pilates Mat.*

✓ Schedule and book appointments for Small-Group Private group classes – *Pilates Reformer & Bootcamp!*

✓ Schedule and book all EPF workshops & instructor Certifications and Trainings!

Go to: www.energypilatesfitness.com "Register Online" Tab.

PILATES – All levels welcome unless noted	
PILATES MAT	Develop core strength, economy of motion, flexibility & agility with our Pilates classes that achieve clearly visible results. This class is perfect for those discovering Pilates for the first time, as well as those who wish to immerse themselves further in the Pilates technique. Never too challenging for beginners and never too easy for advanced students.
PILATES CARDIO & CORE	Level I and II / With infectious energy & honest encouragement, the Energy instructors will surely keep you motivated. As seen in <i>Woodbury Magazine</i> , fitness enthusiasts are flocking to this unique class. Enjoy full-body conditioning through drills and Pilates movements. The flow of the class begins with a strong emphasis on fat-burning barefoot cardio training including lower & upper body concentrations all involving core, balance & then topping it off with Pilates mat exercises.
PILATES REFORMER GROUP DROP-IN CLASS*	NEW! Best price in town. Small group classes with the Pilates Reformer machine. To learn more (and to make a reservation within our personal training department, visit us on-line and click on “Classes” Tab. *This class not included in monthly group fitness membership.
YOGA - All levels welcome unless noted	
YOGA	After a three-year vacation, Wayne’s back to rock your world. Balance and revitalize your entire being with yoga; build strength, flexibility & balance. Vinyasa-style yoga incorporates various postures within a series of sequential movements. Heat is generated through the flow, which increases flexibility while building muscular strength. Wayne has been practicing yoga for 40 years. Take one class of Wayne’s and we promise you’ll be hooked (money back guarantee!).
ENERGIZE Interm/Advanced	A perfect mixture of all the class formats you already love at Energy Pilates & Fitness infused into one class. Energize your body with our signature styles of yoga, sculpt, fat-burning exercises & pilates. Energize for the day from the ground up. No matter what your experience, our award-winning instructors will guide and elevate this class at the right pace for you.
SCULPT - All levels welcome unless noted	
ENERGY SCULPT	Energy creates energy...our Energy Sculpt has been our signature sculpt class for over 15 years as you can see and feel the results! A full-body & fun workout using a proven formula: light weights & high reps. Every exercise precisely designed so each movement has a purpose and a goal as you’ll work multiple muscle groups at once maximizing your time. Efficient weight training at its best. (indoor-only shoes!)
SCULPT-H.I.I.T	Amps up our Energy Sculpt with cardio fat-burning drills. Remember these two words – cross training!
30-MIN HI POWER SCULPT-H.I.I.T	Move it and lose it. Studies show short bursts of exercise is as effective as duration ... get in, sweat, get out. Cardio & weights
ELEVATION Intermediate/Advanced	Taking Madonna’s workout with the chair! Using the height of the chair for lunges, squats, upper body and core, takes sculpting to another level.
CARDIO - All levels welcome unless noted	
PUSH Intermediate/Advanced “WINNER” Best Fitness Class <i>Woodbury Magazine</i>	The ultimate power-packed cardio training class – performed barefoot. Always powerful and always controlled using large muscle and wide-range-of-motion exercises infused with balance work, athletic drills & an ever-changing mixture of cardio/strengthening combos. Burn fat, build stamina & test your endurance. PUSH yourself with easy-to-follow movements that bring focus to the full body! A 60-minute class with 45 minutes devoted to just cardio; guaranteed to keep you motivated & challenged.
TABATA Intermediate/Advanced	Using Dr. Tabata’s ideas of fitness + our ENERGY philosophy = Energy TaBaTa. This class is designed for those who either want to efficiently boost athletic performance and/or (b) burn an insane amount of calories in a short amount of time! Interval drills for the entire body!
TRIFECTA	Three EPF signature formats in one class– you’ll hear it over and over again – the secret to your success is cross training at Energy - cardio, sculpting & core!
30-MIN HI POWER SCULPT-H.I.I.T	Move it and lose it. Studies show short bursts of exercise is as effective as duration ... get in, sweat, get out. Cardio & weights
BARRE – All levels welcome unless noted	
BARRE	As demonstrated by Energy Pilates & Fitness on <i>Twin Cities Live</i> : “Booty” workouts” works! Barre classes have been popular at Energy since we introduced this format to the Twin Cities . This class has an interval fitness regime that 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	Too much of anything is never good; take the BARRE elements and add fat-burning cardio drills. Great combo!
WHEN THE TOUGH GET GOING ... Lance Corporal Medina’s Classes	
EXTREME CX TRAINING Advanced	Extreme cross training at its best! Michael’s signature body circuit challenge combines his unique fitness philosophy training as he taught his fellow Marines and Energy’s sculpting & toning exercises. You’ve heard it before – and we mean it – cross training is the way to achieve balanced fitness. Have fun and take it up a notch.
ENERGY TABATA BOOTCAMP BASICS*	You know the drill; but Energy’s Bootcamp is different, it’s better. Energy+laughter+workout = results To learn more (and to make a reservation within our personal training department, visit us on-line and click on “Classes” Tab. *This class not included in monthly group fitness membership. *10% of session revenue goes to Minnesota Military Family Foundation.