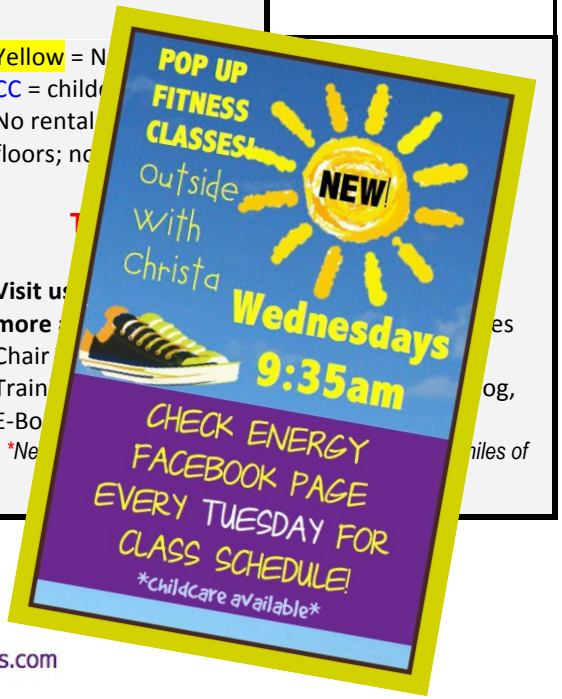
April Group Fitness Class Schedule

Should there be a class or instructor change, simply visit our website www.energypilatesfitness.com & click "Today's Schedule"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BARRE 8:00am-9:00am BARBARA JESSICA	**SCULPT-H.I.I.T** 6:00am-6:45am JENNY	**MGM BOOTCAMP** 6:00am-6:45am MICHAEL	**PUSH CARDIO** 6:00am-6:45am BARBARA JENNIFER	**BARRE** 6:00am-6:45am NANCY	**FUN WITH NANCY** 6:00am-7:00am NANCY	**ENERGY SCULPT** 6:50am-7:35am MICHAEL
YOGA STRENGTH 9:15am-10:15am VICTORIA	**PILATES MAT** *kick-YOUR-BUTT* 8:35am-9:20am WAYNE	**ROLL, REGENERATE & REVITALIZE** 7:20am-8:05am NANCY | DEBRA	**BARRE** 8:35am-9:20am JENNY	**ROLL, REGENERATE & REVITALIZE** 7:20am-8:05am NANCY	**SCULPT-H.I.I.T** 8:35am-9:20am MARY	**PILATES MAT** 7:45am-8:30am NANCY
ELEVATION 10:30am-11:15am LEAH	**TABATA** 8:35am-9:20am MARY	**PUSH CARDIO** 8:35am-9:20am DEBRA	**YOGA STRENGTH** 9:30am-10:30am NATANIA & CC	**PILATES MAT** 8:35am-9:20am NANCY	**PUSH CARDIO** 9:30am-10:30am JENNIFER & CC	**PILATES MAT** *kick-YOUR-BUTT* 8:35am-9:20am BARBARA
3:20pm-4:35pm JENNY & AMANDA **Ages 6 & up** **$12 per class** **Register online for class.** ***(Sorry no, wait list)***	**PILATES MAT** 9:30am-10:30am NANCY & CC	**SCULPT-H.I.I.T** 9:30am-10:30am JENNIFER & CC	**YOGA ESSENTIAL** 11:15am-12:00pm DIANA G	**BARRE** 9:35am-10:35am CHRISTA & CC	**PILATES PLURAL** 10:45am-11:30am JENNY	**SCULPT-H.I.I.T** 8:35am-9:20am JENNIFER
	BARRE BY CHRISTA 10:45am-11:30am CHRISTA & CC	**YOGA ESSENTIAL** 11:45am-12:45pm DIANA G	**VINYASA YOGA** 5:30pm-6:30pm VICTORIA	**VINYASA YOGA** 11:00am-12noon WAYNE	**ENERGY SCULPT** 11:45pm-12:30pm CHRISTA | DEBRA	**PUSH CARDIO** 9:30am-10:15am CAROLINE | ELAINE CC
	Resumes April 13 **PILATES MAT** 5:00pm-5:45pm NANCY	**PUSH POWER** 5:05pm-5:40pm DEBRA	**TABATA** 6:15pm-7:00pm DEBRA | AMANDA	**PILATES CARDIO** 5:45pm-6:30pm BARBARA	**LEGEND** Yellow = N CC = child No rental floors; nc	**BARRE** 10:30am-11:15am DEBRA
	PUSH POWER 5:05pm-5:40pm DEBRA	**SCULPT-H.I.I.T** 5:45pm-6:30pm DEBRA | ALICE & CC	**BARRE SCULPT** 7:00pm-8:00pm DIANA W & JAMIE	**CANDLE LIGHT YOGA** 6:15pm-7:15pm NATANIA	**Visit us** **more** Chair Train E-Bo *Ne	es og, iles of
PUSH CARDIO 3:30pm-4:30pm DEBRA April 12, 26	**BARRE FUSION** 5:45pm-6:30pm DEBRA	**PUSH CARDIO** 7:00pm-7:45pm CAROLINE	**6:45PM-7:45PM** **NEW!**	**HEATED YOGA** 6:45pm-7:45pm VICTORIA		
INSANE ENERGY 3:30pm-4:30pm ALICE April 19 **(Only one class on Easter: April 5: 8:00am BARRE)**	**HEATED YOGA** 6:35pm-7:35pm NATANIA	**WEDNESDAY NIGHTS** 6:45PM-7:45PM VICTORIA APRIL 1, 8, 15 YOGA FOR MEN APRIL 22 & 29 YOGA FOR DANCERS		**FRIDAY NIGHT** 6:45PM-7:30PM NATANIA April 24 BRAZILIAN ENERGY		



ENERGY PILATES·FITNESS·YOGA
Energizing Lives

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PILATES	**PILATES MAT.** It's different at Energy. We educate you while improving your body. We teach you 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-bases principals in every class.* **PILATES MAT "Kick-Your-Butt".** Next-level Pilates in terms of strength, endurance and flexibility; it is suitable for all students who have experience with Pilates Mat. Advance your core training techniques with complex movements *(sometimes using supplied props)* that will challenge your core from every possible angle. **Intermediate Advanced** **ROLL, REGENERATE & REVITALIZE.** Be sure to bring your tight, sore, and knotted muscles to this class. In this workout, you will learn a very effective method for re-gaining joint mobility and muscle flexibility. With the progressive use of foam rolling, ball rolling and strap stretching, and muscle re-setting, you will improve hydration, release chronically tight muscles, and break up muscle tightness and restrictions. Using a chair for sitting and standing exercises has never been more fun. Principals of Pilates explained and used in every exercise. **Options shown for all ages and all levels.** **PILATES PLURAL.** Another twist on the wonderful work that is called Pilates. Find your core power in this fusion of Pilates, muscle conditioning and conscious movement stretch. Take your form, flexibility and strength to the next level. Class is designed challenging and inviting to newcomers. **PILATES CARDIO (& Core). The 1st Pilates class in Woodbury!** With infectious energy & honest encouragement, we will keep you motivated. Profiled in ***Woodbury Magazine,*** fitness enthusiasts flock to this **unique** class. Full-body conditioning drills & Pilates movements. 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. THE DREAM MACHINE - THE PILATES REFORMER: **All levels | Small group classes with the Pilates Reformer machine available. To learn more (and to make a reservation for this amazing class), visit us online.** **This class not included in monthly group fitness membership. Pre-registration required**
YOGA	**YOGA ESSENTIALS** . Breath in, bliss out with Diana G. Move from pose to pose with breathing vinyasas, creating heat & energy in your body. Listening to Diana G 's voice in guided meditation *with essential oils* is better than a massage! We celebrate Diana G's Mexican heritage as she sometimes speaks *little* Spanish with a whole lot of Energy. **You do not need to be fluent in Spanish to enjoy this class. You'll understand every word and gesture. Everyone is welcome.* **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. **YOGA STRENGTH.** Enjoy your body functional exercise class, creating balance between effort and ease. Free weights will increase flexibility and endurance in a way which standard yoga does not. By combining key training essentials fitness experts recommend: flexibility, strength training, core and balance training, this fitness fusion meets your needs of cross training. **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.** Your opportunity to heat your body & explore deeper extensions into postures. No, not HOT "*I'm dying yoga*", heated and amazing. 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.*
SCULPT	**SCULPT.** Our signature weight training class for over **19 years -** as you can **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 options: indoor-only shoes)** **SCULPT-H.I.I.T.** Guidelines have never changed; we need to cross train with weight training. Now combine the Twin Cities' FIRST weight-training group fitness class with some fat-burning **cardio** drills thrown in. (**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**
CARDIO	**PUSH CARDIO. "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. Always powerful and always controlled as you use your bodies' 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. Burn fat, build stamina & test your endurance. "PUSH" yourself with easy-to-follow movement, which really brings focus to the entire body with cardio! Guaranteed to keep you motivated & challenged. **PUSH PLUS:** 30 powerful minutes of fat-burning cardio. **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** **INSANE ENERGY.** Insane Energy is a fast-paced, athletic-based, total-body cardio workout that will take your body to the next level (and leave it dripping with sweat!). It's high-intensity interval training that improves agility, coordination, endurance and power. **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 SCULPT** adds weight training intervals. **BARRE FUSION**. Cardio fat-burning drills added. **NO-HOLDS BARRED IN APRIL.** Your legs will shake, your arms will pump, your booty will scream!
Only at Energy	**MGM BOOTCAMP.** As featured in ***Woodbury Magazine*** , "local marine returns to BASIC TRAINING." 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!*