

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am SCULPT H.I.I.T 45 min Jenny	6:00am BARRE BODY 45 min Nancy	6:00am PUSH CARDIO 45 min Jenny	6:00am CARDIO H.I.I.T 45 min Nancy	6:00am PILATES CARDIO 45 min Jenny	7:45am PILATES MAT 45 min Nancy	8:30am BARRE BODY 60 min Barbara
8:35am SCULPT <b>NEW</b> 45 min Amanda	7:20am <b>SMALL GROUP TRAINING</b> PILATES ARC Nancy	8:35am BARRE BODY 45 min Jenny	8:35am POWER PILATES 45 min Debra	8:35am CARDIO H.I.I.T 45 min Christa	8:30am POWER PILATES 45 min Barbara	9:45am PILATES CARDIO 35 min Debra
9:35am <b>CC</b> PILATES MAT 60 min Nancy	8:35am PILATES CARDIO 45 min Nancy	9:35am <b>CC</b> YOGA SCULPT 60 min Natania	9:45am <b>CC</b> <b>SMALL GROUP TRAINING</b> PILATES REFORMER Jenny	8:35am <b>SMALL GROUP TRAINING</b> PILATES REFORMER Amanda	8:35am SCULPT HIIT 45 min Jennifer	10:45am ELEVATION 45 min Leah
9:35am <b>CC</b> <b>SMALL GROUP TRAINING</b> PILATES REFORMER Jennifer	9:45am <b>CC</b> SCULPT H.I.I.T 60 min Jennifer	12:15pm PUSH CARDIO 45 min Christa	9:45am <b>CC</b> BADA** BARRE 60 min Jess	9:35am <b>CC</b> PUSH CARDIO 60 min Jennifer	8:35am <b>SMALL GROUP TRAINING</b> PILATES ARC Nancy	3:30pm <b>March 26</b> YOGA-NASTICS Erica
10:45am <b>CC</b> BARRE FUSION 45 min Christa	11:15am SCULPT 45 min Jenny	3:15pm <b>SMALL GROUP TRAINING</b> YOGA RESTORE Samantha	11:00am VINAYASA YOGA 60 min Samantha	11:15am SCULPT 45 min Debra	9:30am PUSH CARDIO 45 min Caroline/Elaine	4:45pm VINAYASA YOGA 60 min Samantha
4:00pm <b>SMALL GROUP TRAINING</b> PILATES ARC Nancy	4:15pm VINAYASA YOGA 45 min Samantha	4:45pm YOGA BARRE 45 min Samantha	12:15pm <b>SMALL GROUP TRAINING</b> PILATES REFORMER Jennifer	12:15pm <b>SMALL GROUP TRAINING</b> HEAVY CUTS TRAINING Jenny	9:35am <b>SMALL GROUP TRAINING</b> PILATES REFORMER Jennifer	<b>FIRST CLASS FREE*</b>  <b>INTRO MONTH: \$50</b>
5:00pm PILATES MAT 45 min Nancy	5:30pm PILATES CARDIO 35 min Debra	5:45pm TABATA 45 min Amanda	4:45pm CARDIO KICKBOXING 45 min Elaine	4:30pm VINAYASA YOGA II 60 min Victoria	10:30am BARRE BODY 45 min Debra	
5:50pm BARRE FUSION 45 min Debra	5:45pm SCULPT HIIT 60 min Elaine	6:45pm HEATED VINAYASA YOGA 60 min /Victoria	5:45pm PUSH CARDIO 60 min Barbara	7:00pm <b>March 24</b> <b>SMALL GROUP TRAINING</b> EXTREME BURN Debra		
6:45pm CANDLELIGHT YOGA 60 min Natania	7:00pm BADA** BARRE 45 min Jessica	6:45pm <b>SMALL GROUP TRAINING</b> PILATES REFORMER Amanda	7:00pm <b>SMALL GROUP TRAINING</b> YOGA RESTORE Samantha	<b>MARCH 2017</b>		

  
**PILATES • FITNESS • YOGA**  
 — Energizing Lives —

2170 Eagle Creek Lane • Woodbury • Minnesota • 55129  
 651-337-0425 • www.energypilatesfitness.com

**Group Fitness Classes:** No pre-registration needed! Drop in \$22; memberships & punch cards available. CC = Child care: \$7 drop in per family.  
**Small Group Training:** Not included in group fitness membership. **Dates of sessions online.** Pre-registration & prepayment required online. No membership needed to join small group. \*Must live/work within 20 miles of studio/must be new to studio/one per person.

## MENU

GROUP FITNESS CLASSES	PILATES	YOGA	CARDIO	BARRE	WEIGHTS
<b>THE ESSENTIALS</b>	<b>PILATES MAT</b> <b>It's different at Energy.</b> We instruct and educate you about your core. You don't know "abs" until you learn all about Pilates. It's a full-body workout.	<b>VINYASA YOGA</b> <b>WINNER Best Yoga.</b> Flow in and out of sun salutations utilizing dynamic breathing, long-holding postures while working every part of your body. *Heated and non-heated*	<b>PUSH CARDIO</b> <b>WINNER Best Class.</b> This unique cardio training class is performed barefoot on matted floors. Your body will change with the ever-changing mix of cardio and strength patterns.	<b>BARRE BODY</b> <b>Featured on <u>Twin Cities Live</u></b> "Booty" workouts work! Tiny pulses become intense with muscle fatigue. Your glutes, legs, core, arms are all targeted in your barre class.	<b>SCULPT</b> <b>Signature weight-training class.</b> A full-body & fun workout using a proven formula: light weights & high reps. Efficient weight training at its best. Major toning and definition for your arms, core, glutes and legs. <i>Shoes optional (indoor only shoes please)</i>
<b>MIX IT UP</b>	<b>PILATES CARDIO</b> Fat-burning barefoot cardio including lower & upper body concentrations involving core and balance. Topped off with Pilates.	<b>YOGA BARRE</b> Opposites attract. Tuck, tighten, tone your body and then stretch, and tighten tone with yoga flow.	<b>CARDIO KICKBOXING</b> Cardio, boxing, and martial arts! Improve your strength, flexibility, speed and overall aerobic fitness. Kick, punch, and hook your way to fitness. <b>CARDIO H.I.I.T.</b> Cross train with weight-training intervals mixed with your cardio.	<b>BARRE FUSION</b> As if Barre wasn't enough, mix it up and add cardio drills for more calorie burning	<b>ELEVATION</b> This class is a unique twist on sculpting the body. Using the height a chair, elevate your weight training with large range of motion for legs and glutes. A unique full-body workout.
<b>HIT IT HARD</b>	<b>POWER PILATES</b> Take it up a notch with your core workout. The core will be challenged by strength, endurance (reps) and flexibly.	<b>YOGA SCULPT</b> Boost your yoga practice with adding free weights to added muscular endurance and strength. <b>VINYASA YOGA II</b> A class for our intermediate and advanced yogi's, Vinyasa II is a faster flow that incorporates arm balance, inversion, and intense core work.	<b>TABATA</b> Cardio and strength training the TABATA way! An amazing cross-training class with high metabolic drills. Expect massive calorie burn and lots of internal cursing.	<b>BADA** BARRE</b> Tap into your mental and physical strength in this class. Dig deep and let's kick the stresses of life to the curb in this empowerment-filled class. Glutes, legs, upper body and core maxed.	<b>SCULPT H.I.I.T.</b> Combining our signature sculpt Class with HIIT cardio drills. (H: high I: intensity I: interval T: training).

**Level options demonstrated in all group fitness classes. No pre-registration needed for classes unless noted. \$20 per class. Memberships and class punch cards available. Bring your own mat for yoga and pilates classes or use ours at no charge.**

## SMALL GROUP PERSONAL TRAINING SESSIONS

	PILATES	YOGA	CARDIO	WEIGHTS
<b>THE ESSENTIALS</b>	<b>PILATES REFORMER</b> Unique core and full-body workouts involving the reformer machine, visit us online. Must have prior former experience. For a free demo: <a href="mailto:info@energypilatesfitness.com">info@energypilatesfitness.com</a> <b>PILATES ARC</b> Using the Pilates Arc, build core strength and improve spine, shoulder and hip mobility. The Arc was inspired by Joseph Pilates' original spine corrector. The Arc is perfect for the Pilates beginner or if you've practiced Pilates for years. Limit 3	<b>YOGA RESTORE</b> Refresh & indulge yourself. This class 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. Sense of peace & calm free with session Limit 4	<b>EXTREME BURN</b> <b>WINNER Best Personal Trainer.</b> Trainer and Owner Debra, takes it up a notch in this cardio, sweat <b>and laughter</b> session. The new "Ladies Night Out." Limit 4	<b>HEAVY CUTS</b> Old school weight training never get's old. Energy's new HEAVY CUTS sessions offer a no-compromise strength training experience. Our time-efficient, science-based weight training sessions are tailored to your exact needs. Build strength and cross train with heavy weights and as a bonus, we take it a tad further and may throw in some hardcore weighted pilates for your core.

**Dates online. Member: \$29 per session Non-member: \$31 (packages available) Pre-register online: [www.energypilatesfitness.com](http://www.energypilatesfitness.com)**