

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 / Barbara/Jenny	6:00am WHATEVER SHE WANTS TO DO 60 min / Nancy	6:00am PILATES CARDIO 45 min / Jenny	<p>January 2017</p>  <p>— Energizing Lives —</p> <p>2170 Eagle Creek Lane • Woodbury • Minnesota • 55129 651-337-0425 • www.energypilatesfitness.com</p>	
8:35am TABATA 45 min Amanda	7:20am SMALL GROUP TRAINING PILATES ARC Nancy	8:35am BARRE BODY 45 min Jenny	8:35am PUSH CARDIO 45 min Debra	8:35am CARDIO H.I.I.T 45 min Christa NEW		
9:35am cc PILATES MAT 60 min Nancy	8:35am PILATES CARDIO 60 min Nancy	9:35am cc YOGA SCULPT 60 min Natania	9:35am cc SMALL GROUP TRAINING PILATES REFORMER Jenny	8:35am cc SMALL GROUP TRAINING PILATES REFORMER Amanda		
9:35am cc SMALL GROUP TRAINING PILATES REFORMER Jennifer	9:45am cc SCULPT H.I.I.T 60 min Jennifer NEW TIME	9:35am cc SMALL GROUP TRAINING PILATES REFORMER Jennifer	9:45am cc BADA** BARRE 60 min Jess NEW TIME	9:35am cc PUSH CARDIO 60 min Jennifer	7:45am PILATES MAT 45 min Nancy	8:30am BARRE BODY 60 min Barbara
10:45am cc BARRE FUSION 45 min Christa	11:00am VINYASA YOGA 60 min Natania	12:15pm PUSH CARDIO 45 min Christa	11:00am VINYASA YOGA 60 min Samantha	11:15am SCULPT 45 min Debra	8:30am POWER PILATES 45 min Barbara NEW TIME	9:45am PILATES CARDIO 35 min Debra
12:15pm SMALL GROUP TRAINING NEW HEAVY CUTS TRAINING Amanda	12:15pm SMALL GROUP TRAINING PILATES REFORMER Amanda	3:15pm SMALL GROUP TRAINING YOGA RESTORE Samantha	12:15pm SMALL GROUP TRAINING PILATES REFORMER Jennifer	12:15pm SMALL GROUP TRAINING NEW HEAVY CUTS TRAINING Jenny	8:35am SCULPT HIIT 45 min Jennifer	10:45am ELEVATION 45 min Leah
4:00pm SMALL GROUP TRAINING PILATES ARC Nancy	4:15pm cc VINYASA YOGA 45 min Samantha	4:45pm YOGA BARRE 45 min Samantha	4:45pm CARDIO KICKBOXING 45 min Elaine			3:30pm KIDS' FITNESS January 29 YOGA-NASTICS Erica Kids ages 6 to 12 Pre-register on-line \$15
5:00pm PILATES MAT 45 min Nancy	5:10pm PILATES CARDIO 35 min Debra	5:45pm TABATA 45 min Amanda	5:45pm PUSH CARDIO 60 min Barbara			8:35am SMALL GROUP TRAINING PILATES ARC Nancy
5:50pm BARRE FUSION 45 min Nancy	5:45pm SCULPT HIIT 60 min Elaine	6:45pm HEATED VINYASA YOGA 60 min /Victoria	5:45pm NEW SMALL GROUP TRAINING HEAVY CUTS TRAINING Elaine	4:30pm VINYASA YOGA 60 min Victoria	9:30am PUSH CARDIO 45 min Caroline/Elaine	3:30pm January 29 PUSH CARDIO 60 min / Debra
6:45pm CANDLELIGHT YOGA 60 min / Natania	7:00pm BADA** BARRE NEW 45 min / Jessica	6:45pm SMALL GROUP TRAINING PILATES REFORMER Amanda	7:00pm NEW SMALL GROUP TRAINING YOGA RESTORE Samantha	7:00pm SMALL GROUP TRAINING EXTREME BURN Debra	10:30am BARRE BODY 45 min Debra	4:45pm VINYASA YOGA 45 min Allen

Group Fitness Classes: No pre-registration needed! Drop in \$20; memberships & punch cards available. Child care: \$7 drop in per family.
Small Group Training: **Dates of sessions online.** Not included in group fitness membership. Pre-registration & prepayment required online.

*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
THE ESSENTIALS	PILATES MAT It's different at Energy. 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.	VINYASA YOGA WINNER Best Yoga. Flow in and out of sun salutations utilizing dynamic breathing, long-holding postures while working every part of your body. *Heated and non-heated*	PUSH CARDIO WINNER Best Class. 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.	BARRE BODY Featured on <i>Twin Cities Live</i> "Booty" workouts work! Tiny pulses become intense with muscle fatigue. Your glutes, legs, core, arms are all targeted in your barre class.	SCULPT Signature weight-training class. 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>
MIX IT UP	PILATES CARDIO Fat-burning barefoot cardio including lower & upper body concentrations involving core and balance. Topped off with Pilates.	YOGA BARRE Opposites attract. Tuck, tighten, tone your body and then stretch, and tighten tone with yoga flow.	CARDIO KICKBOXING Cardio, boxing, and martial arts! Improve your strength, flexibility, speed and overall aerobic fitness. Kick, punch, and hook your way to fitness. CARDIO H.I.I.T. Cross train with weight-training intervals mixed with your cardio.	BARRE FUSION As if Barre wasn't enough, mix it up and add cardio drills for more calorie burning	ELEVATION 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.
HIT IT HARD	POWER PILATES Take it up a notch with your core workout. The core will be challenged by strength, endurance (reps) and flexibly.	YOGA SCULPT Boost your yoga practice with adding free weights to added muscular endurance and strength.	TABATA 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.	BADA** BARRE 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.	SCULPT H.I.I.T. 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

GROUP FITNESS CLASSES	PILATES	YOGA	CARDIO	WEIGHTS
THE ESSENTIALS	PILATES REFORMER Unique core and full-body workouts involving the reformer machine, visit us online. Must have prior reformer experience. For a free demo: info@energypilatesfitness.com PILATES ARC 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	YOGA RESTORE 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	EXTREME BURN WINNER Best Personal Trainer. Trainer and Owner Debra, takes it up a notch in this cardio, sweat and laughter session. The new " <i>Ladies Night Out.</i> " Limit 4	HEAVY CUTS Featured on <i>Twin Cities Live</i> "Booty" workouts work! Tiny pulses become intense with muscle fatigue. Your glutes, legs, core, arms are all targeted in your barre class.

Dates online. Members: \$29 per session / Non-members; \$49 (packages available). Pre-register online: www.energypilatesfitness.com