

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00 am	Yoga Sculpt 45 minutes VICTORIA	6:00 am	Barre Burn 45 minutes NANCY	6:00 am	LEAH Rehabbing injury class returns soon	6:00 am	Yoga-lates 45 minutes ANGELA	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	NEW Available! Personal Training YOGA NATANIA	8:45 am	NEW Barre Vibes 45 minutes JENNY	8:45 am	NEW Sculpt H.I.I.T 45 minutes JENNIFER	7:30 am	Small Group Pilates Reformer NANCY	8:45 am	Sculpt H.I.I.T 45 minutes DEBRA ELAINE	9:15 am	Barre Burn 60 minutes BARBARA
9:40 am	Pilates Strength 60 minutes NANCY childcare	7:30 am	Small Group Pilates Arc NANCY	8:45 am	NEW Available! Personal Training DEBRA	8:45 am	NEW Available! Personal Training DEBRA	8:45 am	NEW Yoga-lates 45 minutes DEBRA	8:45 am	Small Group Pilates Reformer NANCY	10:30 am	NEW Pilates Strength 45 minutes BARBARA
9:45 am	Small Group Pilates Reformer JENNY childcare	8:45 am	Pilates Cardio 45 minutes NANCY	9:40 am	Yoga Sculpt 60 minutes NATANIA childcare	9:40 am	Barre Burn 60 minutes NATANIA childcare	9:40 am	NEW Energy Mix cardio explosion 60 minutes DEBRA BRIA childcare	9:45 am	NEW Energy Mix 45 minutes DEBRA	3:30 pm	NEW PUSH Cardio 45 minutes KARI
4:00 pm	Small Group Pilates Arc NANCY	9:40 am	NEW Work-it Circuit 60 minutes JENNY childcare	11:00 am	NEW Yoga Chill 45 minutes NATANIA	11:00 am	Vinyasa Yoga 60 minutes SAMANTHA	11:00 am	Energy Sculpt 45 minutes DEBRA 2/1, 2/15	10:15 am	Barre Burn 60 minutes LINDSEY	4:15 pm	NEW Small Group Reformer LAURA
5:00 pm	Pilates Strength 45 minutes NANCY	11:00 am	NEW Yoga Barre 45 minutes NATANIA childcare	12:15 pm	PUSH Cardio 45 minutes DEBRA	12:15 pm	NEW Available! Personal Training BRIA	12:15 pm	Small Group Yoga Restore NATANIA	11:15 am	NEW Available! Personal Training DEBRA	4:45 pm	Vinyasa Yoga 60 minutes SAMANTHA
5:00 pm	NEW Available! Personal Training DEBRA	4:15 pm	Vinyasa Yoga 45 minutes SAMANTHA	4:45 pm	Yoga Barre 45 minutes SAMANTHA	4:00 pm	NEW Available! Personal Training YOGA SAMANTHA	<div style="text-align: center;">  <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> </div>					
6:00 pm	Barre Burn 45 minutes DEBRA	5:15 pm	Pilates Cardio 30 minutes DEBRA	5:45 pm	Sculpt H.I.I.T 45 minutes BARBARA ALLIE	5:15 pm	PUSH Box & Jab 45 minutes ELAINE						
6:00 pm	Small Group Reformer NANCY	6:00 pm	NEW Energy Mix 45 minutes DEBRA	6:45 pm	Work-it Circuit 45 minutes ELAINE ALLIE	6:15 pm	Energy Sculpt 60 minutes ALLIE						
7:00 pm	Yoga Chill 60 minutes NATANIA	7:00 pm	Begins Feb. 12 PUSH Groove 45 minutes LINDSEY	7:45 pm	NEW Begins Feb. 13 Barre Burn 45 minutes LINDSEY	7:30 pm	NEW Small Group Pilates Reformer LAURA						

Group Fitness Classes
\$25 class | \$7 childcare
Punch cards and LIMITED VIP memberships available.
Pre-registration required for all group classes and childcare.



**Small Group Personal Training:
Pilates Reformer, Pilates Arc and Yoga Restore**
VIP \$29 | Guests \$31 | Limit 4
Pre-registration required.
Limit 6 Yoga Restore.



**Private Yoga Sessions with Samantha and Natania
Personal Training Sessions with Debra**
10% off Single Training Sessions with Debra (February only).
Pre-register online.
More information: www.energypilatesfitness.com

PILATES	YOGA	WEIGHTS	CARDIO	BARRE
<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 fitness class to the Twin Cities years ago and it's still going strong.</p> <p>Using weights and your own body weight, change up muscle recruitment with tiny pulses which become intense with muscle failure. Your glutes, legs, core and arms are all targeted in this class.</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>

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