


June Group Fitness Class 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	★ OUTDOOR ☀️ 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
★ OUTDOOR ☀️ YOGA STRENGTH 9:15am-10:15am VICTORIA	PILATES MAT KYB 8:35am-9:20am WAYNE	★ PILATES CARDIO 6:15am-7:00am JENNY	BARRE 8:35am-9:20am JENNY	RRR 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	RRR 7:20am-8:05am NANCY	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 KYB 8:35am-9:20am BARBARA
June 7, 21 PUSH CARDIO 3:30pm-4:30pm DEBRA	PILATES MAT 9:30am-10:30am NANCY & CC	PUSH CARDIO 8:35am-9:20am DEBRA	OUTDOOR # ☀️ POP-UP FITNESS 9:35am-10:30am CHRISTA & CC	BARRE 9:35am-10:35am CHRISTA & CC	ENERGY SCULPT ★11:15am-12:00pm DEBRA	SCULPT-H.I.I.T 8:35am-9:20am JENNIFER
★June 7, 21 PILATES PLURAL ⊙ 4:40pm-5:10pm DEBRA	BARRE BY CHRISTA 10:45am-11:30am CHRISTA & CC	SCULPT-H.I.I.T 9:30am-10:30am JENNIFER & CC	YOGA ESSENTIAL 11:15am-12:00pm DIANA G	VINYASA YOGA 11:00am-12noon WAYNE	June 26 BRAZILIAN ENERGY 6:45pm-7:30pm NATANIA	PUSH CARDIO 9:30am-10:15am CAROLINE ELAINE CC
June 14, 28 INSANE ENERGY 3:30pm-4:30pm ALICE	★Starts June 8 PUSH POWER MIX 4:05pm-4:50pm OLIVIA	YOGA ESSENTIAL 11:45am-12:45pm DIANA G	★Starts June 10 PUSH POWER MIX ⊙ 4:45pm-5:15pm OLIVIA	★Starts June 11 PUSH POWER MIX ⊙ 12:15pm-12:45pm OLIVIA	NEW! EXCUSES 30-Minute "No Excuses" Classes!	★ YOGA 10:20am-11:20am ALLEN
 <p>energy PILATES • FITNESS • YOGA Energizing Lives www.energypilatesfitness.com</p>	PILATES MAT 5:00pm-5:45pm NANCY	★Starts June 9 PUSH POWER MIX ⊙ 4:15pm-4:45pm OLIVIA	★ VINYASA YOGA ⊙ 5:30pm-6:00pm VICTORIA	★ KICK BOX CORE 4:45pm-5:30pm ELAINE		★ YOGA 10:30am-11:15am DEBRA
	PUSH POWER ⊙ 5:05pm-5:40pm DEBRA	PUSH POWER ⊙ 5:05pm-5:40pm DEBRA	★ TABATA ⊙ 6:05pm-6:35pm AMANDA	PILATES CARDIO ★5:35pm-6:20pm BARBARA		
	BARRE FUSION 5:45pm-6:30pm DEBRA	SCULPT-H.I.I.T 5:45pm-6:30pm DEBRA CC	★ YOGA FOR MEN ⊙ 6:15pm-6:45pm VICTORIA	CANDLE LIGHT YOGA 6:15pm-7:15pm NATANIA		
	HEATED YOGA 6:35pm-7:35pm NATANIA	PUSH CARDIO 7:00pm-7:45pm CAROLINE	BARRE SCULPT 7:00pm-8:00pm DIANA & JAMIE	★ YOGA 7:30pm-8:30pm ALLEN		
		★Starts June 9 YOGA FOR SOCCER 7:45pm-8:30pm VICTORIA		★Starts June 18 PILATES MAT KYB ⊙ 7:45pm-8:15pm OLIVIA		

Try us! 10 Days for 10 Bucks^x

Visit us online for pricing and to learn more about Energy Personal Training, Pilates Reformer & Chair Training, Summer Kids' Classes & more!

^x New visitors only; 1 per person; must live/work within 40 miles of studio.

LEGEND

CC	Childcare available \$
☀️	Weather permitting
#	See online schedule for dates
⊙	No excuses! 30-Minute class
KYB	Kick-Your-Butt
★	New Class or time change

Should there be a class or instructor change, simply visit our website www.energypilatesfitness.com & click "Today's Schedule" or download our **FREE** MINDBODY app for your phone!

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**

RRR~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, release chronically tight muscles & 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. E 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 complimer 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 optional: 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 wit cardio! Guaranteed to keep you motivated & challenged. **PUSH POWER MIX:** Fast-paced fat-burning cardio with core and lower & upper body strength conditioning. **Intermediate Advanced**

KICK BOX CORE. Cardio, Boxing, and Martial Arts! Improve your strength, flexibility, speed and overall aerobic fitness. We will kick, punch, hook our way to fitness. **Intermediate**

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 excitin; & 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**

at Energy

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 a 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.

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!