



# Mind & Body Schedule

March 6 – April 30, 2017

Registration opens: Monday, February 20<sup>th</sup>

Next 8 week session begins: May 8, 2017

XTREME – Mind & Body Studio	Solo Sessions
<b>MONDAY</b>	
5:00 am - 60      Tri-Pilates      Cori	
9:45 am - 60      Hot Yoga      Liz / Jessica J.	
5:45 pm - 60      Hot Yoga      Kayla	
7:00 pm - 60      Hot Yoga      Catherine	
<b>TUESDAY</b>	<p><b>Solo Sessions</b> provide you to have personalized Mind &amp; Body workouts that are designed specifically for YOU! Whether you are brand new to Mind &amp; Body or have practiced for years, our Instructors will help you explore new limits and help guide you along the way!</p> <p>Choose from Barre, Pilates, Tri-Pilates, Yoga and Yogalates! Hot Yoga available during limited times.</p> <p><b>Packages include 3 - 60 minute classes</b></p> <p><b><u>Solo Session</u></b> (one-on-one) <b>\$99+ tax</b></p> <p><b><u>Semi-Solo Session</u></b> (two-on-one) <b>\$89+ tax</b></p>
8:30 am - <b>45</b> Gentle Yoga      Renee	
9:45 am - 60      Power Pilates      Stephanie	
<b>4:30 pm - 45</b> <b>Barre</b> <b>Danielle / Kristyn</b>	
5:45 pm - 60      Yogalates      Kayla	
<b>WEDNESDAY</b>	
9:45 am - <b>75</b> Hot Yoga      Jenn E.	
5:45 pm - 60      Hot Yoga      Lynn / Alison K.	
<b>THURSDAY</b>	
9:45 am - 60      Barre      Becky	
4:30 pm - 60      Yoga      Elise	
5:45 pm - 60      Barre      Catherine	
<b>FRIDAY</b>	
5:00 am - 60      Tri-Pilates      Cori	
9:45 am - 60      Tri-Pilates      Shawnacy	
<b>SATURDAY</b>	<b>Registration</b>
9:30 am - 60      Hot Yoga      Kristyn	
<b>SUNDAY</b>	
10:30 am - 60      Hot Yoga      Leslie	
<b>12:00 pm - 60</b> <b>Barre</b> <b>Sarah</b>	<p><b><u>MAC Members</u></b> \$35 + tax UNLIMITED</p>
4:00 pm - 60      Yoga      Erin	
<b>SOUTH – Group Fitness Studio</b>	<p><b><u>Xpress Only Members</u></b> \$35 + tax Unlimited Saturdays &amp; Sundays ONLY</p>
<b>MONDAY</b>	
<b>6:00 am - 60</b> <b>Yoga</b> <b>Traci</b>	<p><b><u>Drop-in Fee</u></b> \$5 + tax</p>
7:00 pm - 60      Yoga      Allison F.	
<b>TUESDAY</b>	
6:00 am - 60      Barre      Feryl	
<b>THURSDAY</b>	
6:00 am - 60      Yogalates      Feryl	
<b>7:00 pm - 60</b> <b>Yoga</b> <b>Jen L.</b>	
<p>Contact Mind &amp; Body Director: <a href="mailto:mindbody@the-mac.com">mindbody@the-mac.com</a></p>	

# Class Descriptions

## *Barre -*

This is not your daughter's ballet class and dance experience is not required to participate. Barre is a ballet based workout incorporating Pilates and Yoga; using the barre, light hand weights, Pilates ball and resistance bands. Like in Yoga, each instructor will have their own unique flare when teaching their Barre class. \* *Barre Xpress* is a quick 40 minute class.

## *Gentle Yoga -*

Bring balance and harmony to the mind, body, and spirit in this slower paced practice. Focusing on longer held stretches for more flexibility and better balance.

## *Hot Yoga | Yoga -*

A Vinyasa class that consists of flowing sequences to build strength, flexibility, balance, and breathe awareness. \*Hot Yoga is not recommended for pregnant women and those with high blood pressure and heart conditions\*

## *Yogalates -*

The benefits of Pilates and Yoga into one practice. The fusion of Yoga elements with core training from Pilates proved great cross training.

## *Power Pilates -*

Pilates improve flexibility, builds strength, and develop control and endurance in the whole body. It puts emphasis in alignment, breathing, developing a strong powerhouse and improvising coordination and balance.

## *Tri-Pilates -*

We combine three different styles of Pilates training. Traditional mat Pilates, Pilates on the ball, and the MVE chair will take your Pilates practice to the next level of overall body strength, muscle endurance, and flexibility.

## *Things to know...*

- Arrive early to class, space is limited.
- Bring water, towel, and your own mat.
- Please NO cell phone use inside studio.
- Leave shoes outside of Xtreme studio. At South, leave by the door.
- Schedule is subject to change.