



# Mind & Body Schedule

May 8<sup>th</sup> – July 2<sup>nd</sup>, 2017

Registration opens: Monday, April 24<sup>th</sup>

Next 8 week session begins: July 10, 2017

XTREME – Mind & Body Studio	SOLO SESSIONS
<b>MONDAY</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><u>Solo Session</u> (one-on-one) <b>\$99+ tax</b></p> <p><u>Semi-Solo Session</u> (two-on-one) <b>\$89+ tax</b></p>
5:00 am - 60      Tri-Pilates      Cori	
9:45 am - 60      Hot Yoga      Liz	
5:45 pm - 60      Hot Yoga      Alison	
7:00 pm - 60      Hot Yoga      Catherine	
<b>TUESDAY</b>	
8:30 am - 45      Gentle Yoga      Kristyn	
9:45 am - 60      Power Pilates      Stephanie	
5:45pm - 60      Yogalates      Catherine	
<b>WEDNESDAY</b>	
5:45 am - 60      Yoga      Alison	
9:45 am - 60      Hot Yoga      Jenn E.	
5:45 pm - 60      Hot Yoga      Kayla	
<b>THURSDAY</b>	
9:45 am - 60      Barre      Becky	
4:30 pm - 60      Yoga      Elise	
5:45 pm - 60      Barre      Sarah	
<b>FRIDAY</b>	
5:00 am - 60      Tri-Pilates      Cori	
9:45 am - 60      Tri-Pilates      Shawnacy	
<b>SATURDAY</b>	
9:30 am - 60      Hot Yoga      Kristyn	
<b>SUNDAY</b>	
10:30 am - 60      Hot Yoga      Leslie	
<b>SOUTH – Group Fitness Studio</b>	<b>REGISTRATION</b>
<b>MONDAY</b>	<p><u>MAC Members</u> \$35 + tax UNLIMITED</p> <p><u>Xpress Only Members</u> \$35 + tax Unlimited Saturdays &amp; Sundays ONLY</p> <p><u>Drop-in Fee</u> \$5 + tax</p>
6:00 am - 60      Yoga      Traci	
6:00 pm - 60      Yoga      Jen L.	
<b>TUESDAY</b>	<b>REGARDING MIND &amp; BODY</b>
6:00 am - 60      Barre      Feryl	Email: mindbody@the-mac.com
<b>THURSDAY</b>	<p><b>Check out these new classes!</b> Mind &amp; Body schedule subject to change.</p>
6:00 am - 60      Yogalates      Feryl	

# 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.

## *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.