



# Mind & Body Schedule

WINTER: January – April 2018

<b>XTREME – Mind &amp; Body Studio</b>		
<b>MONDAY</b>		
5:00 am - 60	Tri-Pilates	Cori
9:45 am - 75	Hot Yoga	Liz
5:45 pm - 60	Hot Yoga	Catherine
7:00 pm - 60	Hot Yoga	Catherine
<b>TUESDAY</b>		
8:30 am - 45	Gentle Yoga	Kristyn
9:45 am - 60	Power Pilates	Stephanie
5:45 pm - 60	Yogalates	Catherine
<b>WEDNESDAY</b>		
9:45 am - 75	Hot Yoga	Jenn E.
5:45 pm - 60	Hot Yoga	Kayla
<b>THURSDAY</b>		
8:30 am - 45	Gentle Yoga	Lynn
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	Yoga	Lynn
<b>SATURDAY</b>		
9:30 am - 60	Hot Yoga	Erin
<b>SUNDAY</b>		
10:30 am - 60	Hot Yoga	Leslie
<b>SOUTH – Group Fitness Studio</b>		
<b>MONDAY</b>		
6:00 pm - 60	Yoga	Jen L.
<b>TUESDAY</b>		
6:00 am - 60	Barre	Feryl
<b>WEDNESDAY</b>		
6:00 pm - 60	Yoga	Erin
<b>THURSDAY</b>		
6:00 am - 60	Yogalates	Feryl
<b>SATURDAY</b>		
8:30 am - 50	Yoga	Cynthia

<b>SOLO SESSIONS</b>
<p><b>Solo Sessions</b> provide you with 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 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>
<b>MONTHLY ADD-ON</b>
<p><u>MAC Members</u> \$20 + tax UNLIMITED</p> <p><u>Non-Members</u> \$99 + tax UNLIMITED</p> <p><u>Xpress Only Members</u> \$20 + tax Unlimited Saturdays &amp; Sundays ONLY</p> <p><u>Drop-in Fee</u> \$7 + tax</p>
<b>REGARDING MIND &amp; BODY</b>
<p>Email: <a href="mailto:mindbody@the-mac.com">mindbody@the-mac.com</a></p> <p>Mind &amp; Body schedule subject to change.</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.

## *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.