



Mind & Body Schedule

FALL: October - December 2018

XTREME – Mind & Body Studio	SOLO SESSIONS
MONDAY	<p>Solo Sessions provide you with personalized Mind & Body workouts that are designed specifically for YOU! Whether you are brand new to Mind & 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>Packages include 3 - 60 minute classes</p> <p>Solo Session (one-on-one) \$99+ tax</p> <p>Semi-Solo Session (two-on-one) \$89+ tax</p>
5:00 am - 60 HardCORE Pilates Cori	
9:45 am - 75 Hot Yoga Liz	
5:45 pm - 60 Hot Yoga Catherine	
7:00 pm - 60 Hot Yoga Kayla	
TUESDAY	
8:30 am - 45 Gentle Yoga Kristyn	
9:45 am - 45 Pilates Jenn E.	
4:30 pm - 60 Gentle Yoga Dusty	
5:45 pm - 60 Yogalates Marcia	
WEDNESDAY	
5:00 am - 60 Hot Yoga Cori	
9:45 am - 75 Hot Yoga Jenn E.	
5:45 pm - 60 Power Hot Yoga Erin	
THURSDAY	
8:30 am - 45 Gentle Yoga Lynn	
9:45 am - 60 Barre Becky	
4:30 pm - 60 Yoga Catherine	
5:45 pm - 60 Barre Kristyn	
FRIDAY	
9:45 am - 60 Yoga Lynn	
12:10 pm - 40 Barre Xpress Sarah	
SATURDAY	
9:30 am - 60 Hot Yoga Kristyn	
SUNDAY	
10:15 am - 60 Hot Yoga Leslie	
SOUTH – Group eXercise Studio	MONTHLY ADD-ON
MONDAY	<p>MAC Members \$20 + tax UNLIMITED</p> <p>Non-Members \$99 + tax UNLIMITED</p> <p>Xpress Only Members \$20 + tax Unlimited Saturdays & Sundays ONLY</p> <p>Drop-in Fee \$7 + tax</p>
6:00 pm - 60 Yoga Jenny L.	REGARDING MIND & BODY
TUESDAY	<p>Email: mindbody@the-mac.com</p> <p>Mind & Body schedule subject to change. NEW</p>
6:00 am - 60 Barre Feryl	
WEDNESDAY	
6:00 pm - 60 Yoga Cynthia	
THURSDAY	
6:00 am - 60 Yogalates Feryl	
SATURDAY	
8:30 am - 50 Yoga Cynthia	

Class Descriptions

Barre ~

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*

Power Yoga ~

This is a dynamic, fast-paced class where you link breath and movement as you flow through one vinyasa to the next. Great for all over body toning and strength training.

Yogalates ~

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

HardCORE 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 and core strength, muscle endurance, and flexibility.

Pilates ~

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

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.