

# FITNESS BY DESIGN Classes

Studio West- 4715 Grand Avenue DM

## AUGUST

*Class descriptions on back side*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  <b>Gentle Yoga</b> 10:30-11:45	2  <b>Sports Conditioning</b> 10:00 am	3 <b>Gr Strength Training</b> 8:30-9:30am <b>Sports Conditioning</b> 1:00 pm <b>NO PILATES</b> <b>Gr Strength Training</b> 6:30-7:30pm	4  <b>Mixed L. Yoga</b> 8:30-9:45am  <b>Mixed L. Yoga</b> 5:30-6:45pm	5 <b>Gr Strength Training</b> 8:30-9:30am <b>Sports Conditioning</b> 1:00 pm <b>Gr Strength Training</b> 5:30-6:30pm	6	7  <b>Gr Strength Training</b> 9:00-10:00am
8  <b>Gentle Yoga</b> 10:30-11:45	9	10 <b>Gr Strength Training</b> 8:30-9:30am  <b>Pilates Mat</b> 5:15- 6:15pm  <b>Gr Strength Training</b> 6:30-7:30pm	11  <b>Mixed L. Yoga</b> 8:30-9:45am  <b>NO PM YOGA</b>	12 <b>Gr Strength Training</b> 8:30-9:30am <b>Gr Strength Training</b> 5:30-6:30pm	13	14  <b>Gr Strength Training</b> 11:00am-12:00pm
15  <b>Gentle Yoga</b> 10:30-11:45	16	17 <b>Gr Strength Training</b> 8:30-9:30am  <b>Pilates Mat</b> 5:15- 6:15pm  <b>Gr Strength Training</b> 6:30-7:30pm	18  <b>Mixed L. Yoga</b> 8:30-9:45am  <b>Mixed L. Yoga</b> 5:30-6:45pm	19 <b>Gr Strength Training</b> 8:30-9:30am <b>Gr Strength Training</b> 5:30-6:30pm	20	21  <b>Gr Strength Training</b> 9:00 -10:00am
22  <b>Gentle Yoga</b> 10:30-11:45	23	24 <b>Gr Strength Training</b> 8:30-9:30am  <b>Pilates Mat</b> 5:15- 6:15pm  <b>Gr Strength Training</b> 6:30-7:30pm	25  <b>Mixed L. Yoga</b> 8:30-9:45am  <b>Mixed L. Yoga</b> 5:30-6:45pm	26 <b>Gr Strength Training</b> 8:30-9:30am <b>Gr Strength Training</b> 5:30-6:30pm	27	28  <b>Gr Strength Training</b> 11:00am-12:00pm
29  <b>Gentle Yoga</b> 10:30-11:45	30	31 <b>Gr Strength Training</b> 8:30-9:30am  <b>Pilates Mat</b> 5:15- 6:15pm  <b>Gr Strength Training</b> 6:30-7:30pm				

<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>EMAIL</b>	<b>PHONE</b>
<b>Tues am Gr Strength</b>	Barb Mendoza	BarbWorkout@gmail.com	
<b>Tues pm Gr Strength</b>	Nicole Erpelding	NicoleMarie02@live.com	
<b>Thurs/Sat Gr Strength</b>	Barb Lucius	BarbSwanson@gmail.com	
	Denny Kigin	kiginmom@msn.com	
<b>Yoga</b>	Mary St Onge	Styogamama@aol.com	
<b>Summer Yoga</b>	Julie Rice	BJMJRice@msn.com	
	Carol Reinhard	CReinhard@dwx.com	
<b>Mat Pilates</b>	Marcia Fletcher	MKFletcher1@yahoo.com	

### **Mixed Level Yoga**

Improve flexibility, increase strength and enjoy better body alignment with a flowing practice that removes chi or prana stagnation and focuses on movement, muscular contraction, and balance. Each class begins with breathwork and ends with meditation. Each session, we explore a different yogic philosophy. Suitable for all levels.

### **Yin Yoga**

A deep and harmonious practice that unblocks the flow of vital energy throughout our bodies. Practice the full range of joint flexibility. Stretch and lengthen connective tissue through moving slowly and holding poses for several minutes while relaxing the muscles. Combined with restorative yoga poses using bolsters, this practice alleviates stress and brings the mind and body to a sense of calm. Some yoga experience recommended.

### **Level I/Gentle Yoga**

Working with the breath, we lubricate joints and open hips and shoulders. Learn proper alignment and practice basic hatha yoga postures in a nurturing, non-competitive environment. Perfect for beginners and those who enjoy a gentler practice.

### **Mat Pilates**

Pilates exercises develop a strong "core", which consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle. Modifications to the exercises allow for a range of difficulty from beginning to advanced. By emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement, you become acutely aware of how your body feels, where it is in space, and how to control its movement. The quality of movement is valued over the quantity of repetitions. Proper breathing is essential and helps you execute movements with maximum power and efficiency. Let Marcia offer the workout that best suits you now, and increase the intensity as your body conditioning improves.

### **Group Strength Training**

A total body strength workout using various dumbbell, body bar, resistance band, medicine ball and body weight exercises to strengthen and tone every muscle group. This power packed class is great for all levels!

### **Sports Conditioning**

For athletes 12-18 years old. Focus on core strength, injury prevention, speed/agility, balance and general conditioning. Each athlete works at their own level, while challenging themselves with the options we offer. Progressions and modifications will be shown so various fitness levels can be accommodated.

### **CLASS FEES**

**8-classes:** \$12.50/class (\$100)

**Single class:** \$15/class