

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9a-10:15a CHAKRA FLOW YOGA Melanie / Studio A <i>no class on 5/25, 6/8</i>	9:15a-10:30a R & R YOGA Tiffany / Studio A	9:30a-10:15a ★ POSTNATAL YOGA SERIES MiMi / Studio A	9a-10a NIA Shannon / Studio D	9:30a-10:30a ON THE BALL George / Studio B	8:50a-9:50a ★ YOGA SERIES Louise / Studio C	<i>Studio Rental Class:</i> 9:15a-10:30a AIKIDO <i>see "etcetera" on website</i>
9:30a-10:30a PILATES MAT Betsy / Studio B	9:30a-10:30a PILATES MAT Susan / Studio B	9:30a-10:30a PILATES MAT PLUS Terry / Studio B	9:30a-10:30a 20/20/20 UNIVERSAL CORE Maureen / Studio B	9:45a-10:45a NIA Jule / Studio D	9a-10a PILATES MAT Susan / Studio B	11a-12:15p RESTORATIVE YOGA <i>Various / Studio B</i>
9:45a-10:45a NIA Jule / Studio D	10:45a-12p YOGA FLOW Valerie / Studio B	9:45a-10:45a NIA Jule / Studio D	10:45a-12p YOGA FLOW Valerie / Studio B	10:45a-12:15p VINIYOGA MiMi / Studio B	9a-10a CARDIO LATIN DANCE Sheriff / Studio D	11:20a-12:20p PILATES MAT BASICS Susan / Studio A <i>no class on 6/21</i>
10:45a-12p VINIYOGA MiMi / Studio B		10:45a-12p VINIYOGA BASICS MiMi / Studio B	12:30p-1:30p CHAIR YOGA Valerie / Studio B	11a-12p PILATES MAT Susan / Studio A	9:15a-10:15a ★ PRENATAL YOGA SERIES MiMi / Studio A	11:30a-12:30p NIA 5 STAGES OF SELF-HEALING Shannon / Studio D 3rd Sundays ONLY: 5/17, 6/21 <i>no class on 4/19</i>
<i>Studio Rental Class:</i> M&W 11:30a-12:45p AIKIDO <i>see "etcetera" on website</i>		11:15a-12:15p ★ PILATES MAT BASICS SERIES Susan / Studio A			10a-11a ★ YOGA BASICS SERIES Louise / Studio C	12:30p-1:30p PILATES MAT Susan / Studio B
<i>Studio Rental Class:</i> 12:15p-1:15p TAI CHI & QIGONG <i>see "etcetera" on website</i>		12:15p-1:15p ★ PRENATAL YOGA SERIES MiMi / Studio B			10:10a-11:20a CHAKRA FLOW YOGA Melanie / Studio B	12:30p-1:30p PILATES MAT Susan / Studio B
		5p-6p PILATES MAT George / Studio B	<i>Studio Rental Class:</i> 5p-6p TAI CHI & QIGONG <i>see "etcetera" on website</i>	SCHEDULE NOTES: <i>Drop-in classes are ongoing and meet every week unless canceled in advance. Most drop-in classes are mixed-level and beginners are welcome, but new beginners may also choose to start in a "Basics" class or series.</i>	10:20a-11:20a NIA Jule / Studio D	12:45p-1:45p NIA Shannon / Studio D
	5p-6p ON THE BALL George / Studio B	6p-7p ZENSUAL DANCING Clarissa / Studio D	6p-7p NIA Jule / Studio D	<i>Drop-in classes are ongoing and meet every week unless canceled in advance. Most drop-in classes are mixed-level and beginners are welcome, but new beginners may also choose to start in a "Basics" class or series.</i>	10:30a-11:15a ★ POSTNATAL YOGA SERIES MiMi / Studio A	12:45p-2p YOGA FUNDAMENTALS & FLOW Louise / Studio A
6:10p-7:20p YOGA Tiffany / Studio B <i>no class on 5/25</i>	6p-7p NIA Jule / Studio D	6:10p-7:20p YOGA Tiffany / Studio B	6p-7:20p ★ MEDITATION & YOGA SERIES Melanie / Studio A	<i>Drop-in classes are ongoing and meet every week unless canceled in advance. Most drop-in classes are mixed-level and beginners are welcome, but new beginners may also choose to start in a "Basics" class or series.</i>	11:30a-12:30p CORE & MORE Jasmine or George / Studio B	
6:15p-7:15p ★ PRENATAL YOGA SERIES MiMi / Studio A	6p-7:20p ★ MEDITATION & YOGA SERIES Melanie / Studio A	6p-7:10p ★ YOGA BACK HEALTH SERIES Candace / Studio C	6:10p-7:10p PILATES MAT Susan / Studio B	"Series" Classes <i>(marked with a ★) are not drop-in and are not included in class passes; advance registration is required.</i>	11:30a-12:30p ★ PILATES MAT BASICS SERIES Susan / Studio C	
6:20p-7:20p BELLYDANCE Tamra / Studio D <i>no class on 5/25</i>	6:10p-7:10p PILATES MAT Jasmine or Dorothy / Studio B	6:15p-7:15p CORE & MORE Aleda / Studio A	7:15p-8:15p CARDIO LATIN DANCE Sheriff / Studio D	"Community" Classes: <i>Ecstatic Dance and Laughter Yoga are offered on a sliding scale basis. \$10 suggested, but no one will be turned away who is not able to pay that amount. Class passes may also be used.</i>	2:15p-3:15p LAUGHTER YOGA Akhil / Studio B 2nd & 4th Saturdays only: 4/25, 5/9, 5/23, 6/13, 6/27 <i>no class on 4/11</i>	
7:30p-8:30p PILATES MAT CHALLENGE George / Studio B	7:15p-8:30p POWER FLOW YOGA Dana / Studio B <i>no class in April, starts 5/12</i>	7:20p-8:20p BELLYDANCE Candace / Studio D	7:15p-8:15p ★ PILATES MAT BASICS SERIES Susan / Studio C	"Studio Rental" Classes <i>are offered by third parties and are not included in studio class passes. Payment and info is directly through instructor (see "etcetera" on back of this page).</i>		
7:30p-8:30p ★ EXOTIC DANCING BOOTCAMP SERIES Clarissa / Studio D	7:20p-8:20p ZUMBA Jasmine or Carla / Studio D	7:30p-8:30p ON THE BALL George / Studio B	7:20p-8:20p HIP HOP LEVEL 1 Geena / Studio B			
7:30p-8:30p ★ BELLYDANCE LEVEL 2 SERIES Tamra / Studio A	7:45p-9p ★ RESTORATIVE YOGA SERIES Louise / Studio A	7:30p-8:30p ★ YOGA BASICS SERIES Christiana / Studio C	<i>Studio Rental Class:</i> 7:30p-8:45p AIKIDO <i>see "etcetera" on website</i>			
8:35p-9:35p ★ BELLYDANCE BASICS SERIES Tamra / Studio D		8:30p-9:30p ★ BELLYDANCE BASICS SERIES Candace / Studio B	8:30p-9:30p HIP HOP LEVEL 2 Geena / Studio B <i>no class in April, starts 5/21</i>			
		8:30p-9:30p ★ HOOP DANCING SERIES Julia / Studio D	8:30p-9:40p ECSTATIC DANCE <i>Various / Studio D</i>			

Check movestudio.com often for the most up-to-date schedule changes and instructor substitutions.

Also be sure you are subscribed to our email newsletter for weekly updates and special offers!

Workshops and special events are offered frequently on weekends; see the workshops & events pages on movestudio.com for info

CLASS DESCRIPTIONS

(more details at movestudio.com)

20/20/20 Universal Core: 20 min. cardio with light weights, 20 min. Pilates-inspired core strengthening, & 20 min. yoga stretching/balance work for total mind-body fitness.

Bellydance: Dance the beautiful hip-rolling movements and choreography of traditional middle eastern bellydance while you tone and strengthen your core, express yourself creatively, celebrate your feminine power, and have fun!

Cardio Latin Dance: This high-energy class combines hot Salsa and Latin dance choreography with a great cardio workout to improve agility, stamina, focus, and physical fitness. *Jazz dance shoes or sneakers suggested.*

Chair Yoga: Gentle seated and standing yoga postures and breathing techniques done with the support and added stability of a chair.

Chakra Flow Yoga: A moderately-paced yoga flow practice infused with an energetic exploration of the chakra energy system, culminating in a deep meditation experience.

Core & More: Mat-based Pilates and core work combined with standing and balancing Yoga poses & other elements to lengthen and strengthen the entire body.

Dance Fusion: This high-energy, flowing movement class blends various styles (hip hop, jazz, funk, Latin, etc.) to create a fun, fresh dance workout that will move you, body and soul. *Jazz dance shoes or sneakers suggested.*

Ecstatic Dance: Dance how you feel in an inspiring, fun and welcoming freedance format. This moving meditation practice / "dance party" offers self-discovery, self-expression and a great self-paced workout. *(Community Class*)*

Exotic Dancing Bootcamp: A powerful exotic dance workout designed to tone, strengthen, build flexibility, increase confidence & improve posture. *For women only.*

Hip Hop: Get your groove on with this fun dance class that will also give you some new moves for the dance floor. Learn the latest hip hop and music video moves set to popular urban dance music. *Sneakers required; no jazz shoes or bare feet.*

Hoop Dancing: Yes, you can hula hoop! Hoop dancing is a fun new spin on fitness using weighted hoops to help build a stronger core and tone the whole body.

Laughter Yoga: Gentle laughter and breathwork exercises flood the body with oxygen, hormones and brain chemicals to provide proven health benefits. A great stress-reliever! *Can be done in street clothes. (Community Class*)*

Meditation & Yoga: Meditation, yoga, and breath work to help support the process of unburdening the mind to live more fully in the heart. Each series has a unique focus.

Nia™: Discover the power of joyful and purposeful movement! The Nia practice blends an energizing, non-impact, body-friendly cardio workout with elements of modern and jazz dance, martial arts, yoga, healing bodywork, expressive free movement, and powerful imagery. Fun fitness for body, mind and soul.

Nia™ 5 Stages of Self-Healing: Explore the natural ability of your body to realign itself and self-heal through movement. Gain more function, comfort and ease in any type of dance or movement. The class will offer a different focus each month.

On The Ball: A fun exercise ball workout that improves strength, balance, flexibility and control through a light cardio warm-up, upper and lower body resistance work, light hand weights, Pilates-based core stability training, and stretching.

Pilates Mat / Challenge / Plus: This uniquely effective physical conditioning method tones and lengthens muscles, improves flexibility, strengthens the back, and builds core/abdominal strength and stability through a flowing sequence of mat exercises.

Prenatal Yoga: A yoga program of gentle exercises and breathwork designed to help safely prepare the body and mind for labor, delivery and motherhood. Appropriate for women in 2nd & 3rd trimesters. Physician's release required.

Postnatal Yoga: This "mommy & me" class will help you begin to restrengthen abdominal muscles, bond with your baby (6wk to 6mo) and other new moms, and relieve postnatal discomfort and the new stresses of motherhood.

R & R Yoga: Gentle-to-moderate active asana practice followed by deeply relaxing restorative yoga, in the tradition of Judith Hanson Lasater's Relax and Renew® Yoga.

Restorative Yoga: Relaxing, passive, supported Hatha Yoga poses allow the body to gently open, release tension and stretch deeply. Alleviate stress, chronic pain, tight muscles, and other ailments with this gentle, therapeutic form of yoga.

Viniyoga: A highly therapeutic and user-friendly form of Hatha Yoga that emphasizes adapting poses to each individual's specific needs and situation.

Yoga: Quiet your mind as you stretch, strengthen, open and balance your body with the ancient practice of Hatha Yoga, including asana (physical poses & exercises), pranayama (breath/energy work), and meditation.

Yoga Flow / Power Flow Yoga: A vigorous, flowing vinyasa-style class focused on building strength, flexibility and stamina. Basic yoga experience recommended.

Yoga Fundamentals & Flow: Focus on alignment, precision and technique with a moderately-paced vinyasa flow to build stamina and grace in posture transitions.

Zensual Dancing™: Exotic dance-based moving meditation to help you realize the beautiful, sensual and strong woman within. *For women only.*

Zumba™: Fun dance-fitness fusing hypnotic Latin/Salsa rhythms & easy to follow steps with interval training & body sculpting moves. *Jazz shoes/sneakers suggested.*

"ETCETERA" (STUDIO RENTAL CLASSES): Ongoing "studio rental" events held at MoveStudio – **Aikido** with Lynn Fabia: lynnfabia.com; **Tai Chi & Qigong** with Chris Bouguyon: simplyaware.com;

Salsa Dance with Ramiro Gonzalez: 972.239.6625; **Art of Living Kriya:** artoflivingdfw.org; **Namaste USA** Yoga: namasteusa.us; **Tower of Fitness** Boot Camp: thetoweroffitness.com;

InterPlay with Melody Brooke: 469.223.7153 or melodybrooke.com; **National MS Society** Pilates/Yoga classes: motarantino@advantemail.net ...and more!

Get info, register and pay for these events directly through the presenter, not through MoveStudio. More info on each of these is available at our website on the "etcetera" page.

TIPS FOR NEW STUDENTS: Please arrive 20 minutes early for your class if it is your first time to the studio. • Arrive on time for all classes. If you're more than 10 minutes late, you may be refused entry to the class. No reservations needed for ongoing drop-in classes, but space is first-come, first-served. • Series classes require pre-registration and do usually fill up before the start date. • Pay for single classes in advance online and save \$2 per class! Most classes are best done barefoot, but for some, footwear suggestions are offered in description above. • See the "New Student Info" page on movestudio.com for more policies and helpful tips.