

MONDAY			
9:00a-10:15a	Chakra Flow Yoga	Melanie	drop-in
9:30a-10:30a	Pilates Core Fusion	Carol	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:45a-12:00p	Viniyoga	MiMi	drop-in
11:30a-12:45p	Aikido	Lynn	studio rental
12:15p-1:15p	Tai Chi & Qigong	Chris	studio rental
5:00p-6:00p	Yoga Flow	Kate	drop-in
5:15p-6:15p	Nia	Shannon	drop-in
6:00p-7:15p	Prenatal Yoga	MiMi	series
6:00p-7:15p	Yoga Basics	Christiana	series
6:10p-7:20p	Yoga	Tiffany	drop-in
6:20p-7:20p	Bellydance	Tamra	drop-in
7:30p-8:30p	Pilates Core Challenge	George	drop-in/limited
7:30p-8:30p	Zensual Dancing	Clarissa	series
7:30p-8:30p	Bellydance Odyssey	Tamra	series
7:40p-8:40p	Zensual Pole Dancing	ZDF Team	studio rental
8:35p-9:35p	Sassy Hoops Hoop Dancing	Julia	series
8:35p-9:35p	Bellydance Basics	Tamra	series
8:40p-9:40p	Pole Flight Fitness	Clarissa	studio rental

TUESDAY			
9:15a-10:30a	R & R Yoga	Tiffany	drop-in
9:30a-10:30a	Pilates Mat	Susan	drop-in
10:45a-12:00p	Yoga Flow	Valerie	drop-in
4:30p-5:30p	Yoga Align	Barbara	drop-in
5:00p-6:00p	On the Ball	George	drop-in
6:00p-7:00p	Nia	Jule	drop-in
6:00p-7:00p	Zensual Pole Dancing	ZDF Team	studio rental
6:05p-7:00p	Pilates Equipment	George	drop-in/limited
6:10p-7:10p	Pilates Core Fusion	Jasmine	drop-in
7:15p-8:15p	Cardio Latin Dance	Sheriff	drop-in
7:20p-8:20p	Zumba	Jasmine	drop-in
7:45p-9:00p	Restorative Yoga	Louise	series
8:30p-9:30p	Classic Burlesque	Ginger	series
8:30p-9:30p	Zensual Dancing Bootcamp	Clarissa	series

WEDNESDAY			
9:30a-10:15a	Postnatal Yoga	MiMi	series
9:30a-10:30a	Pilates Core Fusion	Terry H.	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:45a-12:00p	Viniyoga	MiMi	drop-in
11:30a-12:45p	Aikido	Lynn	studio rental
12:15p-1:30p	Prenatal Yoga	MiMi	series
12:30p-1:30p	Yoga Fundamentals & Flow	Louise	drop-in
5:00p-6:00p	Pilates Mat	George	drop-in
6:00p-7:00p	Pilates Mat Basics	Candace	series
6:00p-7:10p	Yoga for Back Health	Candace	series
6:00p-7:20p	Meditation & Yoga	Melanie	series
6:10p-7:10p	Zensual Dancing Bootcamp	Clarissa	series
6:10p-7:20p	Yoga	Tiffany	drop-in
7:20p-8:20p	Bellydance	Candace	drop-in
7:30p-8:45p	Iyengar Hatha Yoga	Terry G.	drop-in
7:40p-8:40p	Zensual Pole Dancing	ZDF Team	studio rental
8:30p-9:30p	Bellydance Basics	Candace	series
8:40p-9:40p	Pole Flight Fitness	Clarissa	studio rental

THURSDAY			
9:00a-10:00a	Nia	Shannon	drop-in
9:00a-10:00a	Pilates Mat Basics	Melanie	series
9:30a-10:30a	20/20/20 Universal Core	Maureen	drop-in
10:45a-12:00p	Yoga Flow	Valerie	drop-in
12:30p-1:30p	Chair Yoga	Valerie	drop-in
4:30p-5:30p	Yoga Align	Barbara	drop-in
5:00p-6:00p	Tai Chi & Qigong	Chris	studio rental
6:00p-7:00p	Nia	Jule	drop-in
6:00p-7:00p	Zensual Pole Dancing	ZDF Team	studio rental
6:00p-7:10p	Dancing For Birth	Heather	series
6:10p-7:10p	Pilates Mat	Cheryl	drop-in
7:15p-8:15p	Pilates Mat Basics	Cheryl	series
7:20p-8:20p	Zumba Dance Fusion	Jasmine	drop-in
7:20p-8:20p	Hip Hop Level 1	Geena	drop-in
7:30p-8:45p	Aikido	Lynn	studio rental
8:30p-9:30p	Hip Hop Level 2	Geena	drop-in
8:30p-9:45p	Conscious Dance Adventure	Heather	drop-in/community

Watch for frequent workshops and special events on Fridays and Saturdays!

FRIDAY			
6:15a-7:30a	Yoga Align	Barbara	drop-in/prepay
9:30a-10:30a	On The Ball	George	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:00a-11:00a	IM=X Pilates	Kris	drop-in
10:45a-12:15p	Viniyoga	MiMi	drop-in
11:00a-12:00p	Zumba	Jasmine	drop-in

SATURDAY			
9:00a-10:00a	Yoga Basics 2	Louise	series
9:00a-10:00a	Pilates Core Fusion	Tara	drop-in
9:00a-10:00a	Cardio Latin Dance	Sheriff	drop-in
9:15a-10:30a	Prenatal Yoga	MiMi	series
10:10a-11:20a	Chakra Flow Yoga	Melanie	drop-in
10:15a-11:10a	Pilates Equipment	George	drop-in/limited
10:15a-11:15a	Yoga Basics 1	Louise	series
10:15a-11:15a	Pilates Mat Basics	Cheryl	series
10:20a-11:20a	Nia	Jule	drop-in
10:45a-11:30a	Postnatal Yoga	MiMi	series
11:30a-12:30p	Core & More	Cheryl	drop-in
12:30p-1:30p	Zensual Pole Dancing	ZDF Team	studio rental
5:30p-6:30p	Aikido	Lynn	studio rental

SUNDAY			
8:30a-9:45a	Iyengar Hatha Yoga	Terry G.	drop-in/prepay
9:15a-10:30a	Aikido	Lynn	studio rental
11:00a-12:15p	Restorative Yoga	various	drop-in
12:30p-1:30p	Pilates Mat	Terry H.	drop-in
12:30p-1:45p	Yoga Fundamentals & Flow	Louise	drop-in
12:45p-1:45p	Nia	Shannon	drop-in
2:00p-3:00p	Zumba	Carla / Sarah	drop-in
2:00p-3:15p	Aikido for the Mind	Lynn	series
6:00p-7:00p	Beginner Salsa	Ramiro	studio rental

See back for class descriptions and more info on class types (series, drop-in, etc.)

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: Learn the movements and steps of traditional middle eastern bellydance while you tone and strengthen your core, express yourself, celebrate the feminine, and have fun!

Cardio Latin Dance: 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 & standing yoga postures and breathing techniques with the support & 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.

Classic Burlesque: Learn how to bump and grind, shimmy, work your boa and remove a glove with feminine grace and charm.

Conscious Dance Adventure: This freedance moving meditation practice offers self-discovery and self-expression.

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

Dancing For Birth™: Prenatal/postpartum movement classes that prepare you to give birth. Become stronger, more agile and at ease with your body, ready to enjoy your unique birth experience.

Extreme Body Sculpting: Designed to take inches off and improve stamina, tone and flexibility through an energetic blend of plyometrics, cardio and core work with Pilates and yoga.

Hip Hop: Get your groove on and learn some new moves for the club. Learn the latest hip hop and music video moves set to popular urban dance music. *Sneakers or dance shoes required.*

Hoop Dance: A fun cardiovascular workout for adults and a new fitness spin on a favorite childhood activity, the hula hoop!

IM=X® Pilates: A Pilates evolution adding cardio and resistance training for a complete workout. Integrates current fitness science in alignment, muscle recruitment and spinal stabilization.

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™: An energizing, body-friendly cardio workout blending elements of aerobics, modern & jazz dance, martial arts, yoga, healing bodywork, expressive movement, and powerful imagery.

On The Ball: Improve strength, balance, flexibility and control through a cardio warm-up, upper and lower body resistance work, light hand weights, core stability training, and stretching.

Pilates Core Challenge: An advanced level Pilates-based core-strengthening class. *Not recommended for beginners.*

Pilates Core Fusion: A Pilates-based core-strengthening class enhanced by other methods and the use of hand weights, resistance bands, exercise balls, etc.

Pilates Equipment: A small group class (4 students max) using the Reformer, Tower and Chair.

Pilates Mat: The classic Pilates Method of physical conditioning tones and lengthens muscles, improves flexibility, strengthens the back, and builds core strength & stability through a flowing series of mat exercises.

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.

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.

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: Gentle, therapeutic, supported Hatha Yoga poses allow the body to gently open, release tension and stretch deeply. Alleviate stress, chronic pain, tight muscles, and other ailments.

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

Yoga / Iyengar Hatha Yoga: Quiet your mind as you stretch, strengthen, open and balance your body with the ancient practice of Hatha Yoga, including asana, pranayama, and meditation.

Yoga Flow: A vigorous, flowing vinyasa-style class that will keep you moving and help build strength, flexibility and stamina. Basic yoga experience is helpful.

Yoga Fundamentals & Flow / Yoga Align: 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 & strong woman within. *Women only.*

Zensual Dancing™ Bootcamp: A powerful exotic dance-based workout designed to tone, strengthen, build flexibility, increase confidence and improve posture. *Women only.*

Zensual Pole Dancing™ / Pole Flight Fitness™: A challenging exotic dance-based workout that allows you to express your sensuality while building strength and stamina. *Women only.*

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

Zumba™ Dance Fusion: Start with Zumba to warm up, then learn a more challenging piece of choreography from various dance styles (hip hop, jazz, funk, Latin, etc.). *Jazz dance shoes or sneakers suggested.*

CLASS TYPES

Series classes are not drop-in and are not included in class passes; advance registration and payment is required. See website for dates, rates and more info.

Drop-in classes are ongoing and meet every week unless canceled in advance (check online schedule often). Most drop-in classes are mixed-level and beginners are welcome, but new beginners may wish to start in a Basics class or series. All drop-in classes are included in class passes *except* Pilates Equipment, Zensual Pole Dancing & Pole Flight Fitness.

Drop-in/Limited classes have limited space available (4 to 12 students), so you must sign up online at any time before each class in order to reserve a spot. If you are signed up and don't show up, you will be charged for the class, as there is usually a “wait list” of people wanting a spot.

Drop-in/Community classes are offered on a sliding scale basis. \$10 suggested, but no one will be turned away if not able to pay that amount. Class passes may also be used.

Drop-in/Prepay classes are held during times when there is no desk staff on site, so payment at the door is not possible. You may drop-in, but you **MUST** be prepaid (current class pass, autopay or online payment in advance) to attend these classes.

Studio Rental classes are offered by third parties and are not included in studio class passes. Payment is directly through instructor or sponsoring organization (see “etcetera” on website for more info). Beginners and drop-ins are usually welcome.

NEW STUDENTS: Please arrive 15 minutes early for your class if it is your first time to the studio. See the “New Student Info” page on movestudio.com for more policies and helpful tips.