

MONDAY

9:00a-10:15a	Chakra Flow Yoga	Trina	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
12:00p-12:55p	Pilates Equipment	Tami	limited enrollment
12:15p-1:15p	Qigong	Chris	studio rental
5:15p-6:15p	Nia	Shannon	drop-in
6:00p-7:00p	Yoga Basics	Christiana	series
6:00p-7:15p	Prenatal Yoga	MiMi	series
6:10p-7:20p	Yoga	Tiffany	drop-in
6:20p-7:20p	Chair Dance Fitness	ZDF Team	drop-in
7:15p-8:15p	Pilates Body Sculpt	George	limited enrollment
7:30p-8:30p	Cardio Latin Dance	Ramiro	drop-in
7:30p-8:30p	Bellydance Odyssey	Tamra	series
7:30p-8:30p	Pole Flight Fitness	ZDF Team	studio rental
8:35p-9:35p	Hoop Dance Basics	Julia	series
8:35p-9:35p	Bellydance Basics	Tamra	series
8:45p-9:45p	Pole Dancing	ZDF Team	studio rental

THURSDAY

9:00a-10:00a	Nia	Shannon	drop-in
9:30a-10:30a	20/20/20 Universal Core	Maureen	drop-in
10:15a-11:15a	Zumba	Jasmine	drop-in
10:30a-11:30a	Chair Yoga	Louise	drop-in
10:45a-12:00p	Yoga Flow	Valerie	drop-in
12:00p-12:55p	Pilates Equipment	Terry H.	limited enrollment
12:15p-1:15p	Prenatal Yoga	MiMi	series
4:30p-5:45p	Yoga Align & Flow	Barbara	drop-in
5:00p-6:00p	Qigong	Chris	studio rental
6:00p-7:00p	Nia	Jule	drop-in
6:10p-7:10p	Pilates Mat	Candace	drop-in
6:15p-7:15p	Pole Dancing	ZDF Team	studio rental
7:00p-7:55p	Pilates Equipment	Kris	limited enrollment
7:15p-8:15p	Pilates Mat Basics	Cheryl	series
7:20p-8:20p	Zumba	Jasmine	drop-in
7:20p-8:20p	Bellydance	Candace	drop-in
7:30p-8:45p	Aikido	Lynn	studio rental
8:30p-9:30p	Yoga for Flexibility	Candace	series
8:30p-9:30p	Bellydance Basics	Candace	series

TUESDAY

9:00a-10:00a	Nia	Shannon	drop-in
9:30a-10:30a	Pilates Mat	Susan	drop-in
10:15a-11:15a	Hoop Dance	Julia	drop-in
10:45a-12:00p	Yoga Flow	Valerie	drop-in
12:30p-1:30p	IM=X Pilates	Kris	drop-in
5:00p-6:00p	On the Ball	George	drop-in
6:00p-7:00p	Nia	Jule	drop-in
6:05p-7:00p	Pilates Equipment	George	limited enrollment
6:10p-7:10p	Pilates Mat	Cheryl	drop-in
6:15p-7:15p	Yoga Flow	Kate	drop-in
6:20p-7:20p	Feldenkrais ATM	Angela	series
7:15p-8:15p	Burlesque Shimmy & Tone	Ginger	drop-in
7:20p-8:20p	Zumba	Jasmine	drop-in
7:30p-8:30p	Pole Dancing	ZDF Team	studio rental
8:30p-9:30p	Hip Hop Hustle	Geena	drop-in
8:30p-9:30p	Jitterbug/Swing or Salsa	Ramiro	series
8:45p-9:45p	Pole Dancing	ZDF Team	studio rental

FRIDAY

9:30a-10:30a	On The Ball	George	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:45a-12:15p	Viniyoga	MiMi	drop-in
12:30p-1:30p	Yoga Fundamentals & Flow	Louise	drop-in

SATURDAY

8:00a-9:00a	Pilates for Men	George	series
9:00a-10:00a	Pilates Mat	Tami	drop-in
9:00a-10:00a	Yoga Basics 2	Louise	series
9:10a-10:10a	Zumba	Frankie	drop-in
9:15a-10:30a	Prenatal Yoga	MiMi	series
10:10a-11:20a	Yoga Align & Flow	Barbara	drop-in
10:15a-11:10a	Pilates Equipment	George	limited enrollment
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
11:15a-12:10p	Pilates Equipment	George	limited enrollment
11:30a-12:30p	Hoop Dance	Blythe	drop-in
11:30a-12:30p	Core & More	Cheryl	drop-in
11:30a-12:30p	Sexy Sculpt	ZDF Team	studio rental
12:30p-1:30p	Pole Flight Fitness	ZDF Team	studio rental
12:45p-1:45p	Aikido	Lynn	studio rental
1:40p-2:40p	Pole Dancing	ZDF Team	studio rental

WEDNESDAY

9:30a-10:30a	Pilates Core Fusion	Terry H.	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:45a-12:00p	Yoga Align & Flow	Barbara	drop-in
12:30p-1:30p	Yoga Fundamentals & Flow	Louise	drop-in
5:00p-6:00p	Pilates Mat	George	drop-in
5:00p-6:00p	Zumba	Jamie	drop-in
6:00p-7:00p	Pilates Mat Basics	Candace	series
6:00p-7:10p	Yoga for Back Health	Candace	series
6:10p-7:10p	Zensual Dancing Bootcamp	ZDF Team	series
6:10p-7:20p	Yoga	Tiffany	drop-in
6:15p-7:15p	Beginning Meditation	Jennifer	series
7:20p-8:20p	Nia	Jule	drop-in
7:30p-8:30p	Pole Flight Fitness	ZDF Team	studio rental
7:30p-8:45p	Iyengar Hatha Yoga	Terry G.	drop-in
8:45p-9:45p	Pole Dancing	ZDF Team	studio rental

SUNDAY

8:30a-9:45a	Iyengar Hatha Yoga	Terry G.	drop-in/prepay
10:15a-11:30a	Aikido	Lynn	studio rental
11:00a-11:55a	Pilates Equipment	Terry H.	limited enrollment
11:00a-12:00p	Yoga Fundamentals & Flow	Louise	drop-in
11:15a-12:45p	Yoga for Emotional Health	Bridget	series
12:00p-1:00p	Nia	Shannon	drop-in
12:00p-1:00p	Pilates Mat	Terry H.	drop-in
12:15p-1:30p	Restorative Yoga	various	drop-in
1:15p-2:15p	Zumba	Carla	drop-in

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

CLASS DESCRIPTIONS

(more details at movestudio.com)

20/20/20 Universal Core: 20m cardio with weights, 20m Pilates-inspired core strengthening & 20m yoga stretching/balance work.

Bellydance: Learn the movements and steps of traditional middle eastern bellydance while you tone & strengthen your core, express yourself, and celebrate the feminine. *Bare feet recommended.*

Burlesque Shimmy & Tone: A fun, sexy workout combining burlesque dance moves and floor work that will strengthen and tone while you improve your posture, flexibility and balance.

Cardio Latin Dance: Hot Salsa and Latin dance choreography with a great cardio workout to improve agility, stamina, focus, and physical fitness. *Dance shoes or sneakers suggested.*

Chair Dance Fitness: Zensual Dance Fitness™ with the addition of a fun and challenge-adding prop: the chair!

Chair Yoga: Gentle seated and standing yoga postures with the support and added stability of a chair. Breathe, stretch, balance.

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

Feldenkrais ATM®: Guided, purposeful exercises to help improve movement awareness, function and ability.

Hip Hop Hustle™: High-intensity cardio dance fitness fusing hip hop and hustle moves with interval training and body sculpting work. *Sneakers or dance shoes suggested.*

Hoop Dance: A fun cardiovascular & toning workout for adults and a new fitness spin on a favorite childhood activity, the hula hoop. Adult-sized hoops ensure you WILL be able to do this!

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.

Iyengar Hatha Yoga: The Iyengar method is known for meticulous attention to alignment, detailed instruction, generous use of props, and allowing plenty of time in each pose.

Jitterbug/Swing Dance: Bring a partner and learn the popular Jitterbug/Swing dance style from a pro in this summer series.

Meditation: Learn meditation, breathing and chanting practices to help quiet the mind and open the heart.

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

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 Body Sculpt: An advanced level Pilates-based core-strengthening and sculpting class. Not recommended for beginners. *Limited Enrollment; advance registration recommended.*

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: Small group class (4 students max) on Reformer, Tower & Chair. *Limited Enrollment; advance registration recommended.*

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.

Pole Dancing / Pole Flight Fitness™: See Zensual Dance Fitness™.

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.

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.

Sexy Sculpt™: See Zensual Dance Fitness™.

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: 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. More movement, less instruction. Basic yoga experience is helpful.

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

Zensual Dance Fitness™ / Bootcamp: Exotic dance-based workout and moving meditation to help you realize the beautiful, sensual, strong woman within. Pole Dancing also offered; details online. *Women only.*

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

CLASS TYPES

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.

Drop-in/Community classes are offered on a sliding scale basis. \$10 suggested, but you may pay what you are able to. 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.

Limited Enrollment classes have very limited space available (usually 4 to 8 students), so you need to sign up online any time before each class in order to reserve a spot. If you don’t reserve, you may not be able to get in to the class. 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. If you are late, your spot may be given to a standby. Limited Enrollment classes are not included in class passes and will require separate payment.

Series classes are not included in class passes; advance registration and payment is required. Drop-ins may be possible if series is not full but you must call the studio to check availability each week. See website for series dates, rates and more info.

Studio Rental classes are offered by third parties and are not included in MoveStudio 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’s your first time to the studio. See the “New Student Info” page on movestudio.com for more policies and helpful tips.