

MONDAY

9:00a-10:10a	Yoga Flow	Stevan	drop-in
9:30a-10:30a	Pilates Core Fusion	George	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:45a-12:00p	Viniyoga	MiMi	drop-in
11:00a-12:00p	Zumba	Frankie	drop-in
12:15p-1:15p	Qigong	Chris	studio rental
5:15p-6:15p	Nia	Shannon	drop-in
6:00p-7:00p	Yoga Basics	Louise	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
7:30p-8:30p	Pilates Core Challenge	George	drop-in
7:30p-8:30p	Bellydance Basics	Tamra	series
7:40p-8:40p	Pole Flight Fitness	ZDF Team	studio rental
8:35p-9:35p	Zumba	Michie	drop-in
8:35p-9:35p	Bellydance Odyssey	Tamra	series
8:40p-9:10p	Xtreme Pole	ZDF Team	studio rental

THURSDAY

9:30a-10:30a	Nia	Shannon	drop-in
9:30a-10:30a	Pilates Core Fusion	Kelli	drop-in
9:45-10:30a	Zumba with Toddler (starts 2/3)	Dikla	dropin/community
10:45-11:30a	Zumba with Baby (starts 2/3)	Dikla	dropin/community
10:45a-12:00p	Yoga Flow	Valerie	drop-in
12:00p-12:55p	Pilates Equipment	Teresa	limited enrollment
12:15p-1:30p	Prenatal Yoga	MiMi	series
4:30p-5:45p	Kids Yoga (ages 6-10)	René	series
4:30p-5:45p	Yoga Align & Balance	Barbara	drop-in
5:00p-6:00p	Qigong	Chris	studio rental
6:00p-7:00p	Nia	Jule	drop-in
6:00p-7:15p	Aikido	Lynn	studio rental
6:10p-7:10p	Pilates Mat	Candace	drop-in
7:20p-8:20p	Zumba Toning	Jasmine	drop-in
7:20p-8:20p	Deep Stretch Yoga	Candace	drop-in
7:30p-8:30p	Curve Appeal Pole Dance	ZDF Team	studio rental
8:30p-9:30p	Barre-lesque Workout series	Kris	series

TUESDAY

9:00a-10:15a	Yoga Fundamentals & Flow	Louise	drop-in
9:30a-10:30a	Nia	Shannon	drop-in
9:30a-10:30a	Pilates Mat	Susan	drop-in
10:45a-11:45p	Open Hoop Play		drop-in/community
10:45a-12:00p	Yoga Flow	Valerie	drop-in
12:00p-12:55p	Pilates Equipment	Teresa	limited enrollment
5:00p-6:00p	On the Ball	George	drop-in
5:45p-7:00p	Iyengar Hatha Yoga	Terry	drop-in
6:00p-7:00p	Nia	Jule	drop-in
6:05p-7:00p	Pilates Equipment (Advanced)	George	limited enrollment
6:10p-7:10p	Yoga to the Core	Meg	drop-in
6:30p-7:30p	Feldenkrais ATM	Angela	series
7:20p-8:20p	Zumba	Jasmine	drop-in
7:30p-8:30p	Raise the Barre! Ballet Workout	Kris	drop-in
7:30p-8:30p	Pole Tricks	ZDF Team	studio rental
8:40p-9:40p	Zensual Flow (every other week)	ZDF Team	drop-in

FRIDAY

9:30a-10:30a	On The Ball	George	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:00a-11:15a	Yoga Flow	Stevan	drop-in
10:45a-12:15p	Viniyoga	Tammy	drop-in
12:30p-1:25p	Pilates Equipment	Teresa	limited enrollment

Watch our emails and website for special weekend workshops and events!

SATURDAY

7:50a-8:50a	Tone & Sculpt	Candace	drop-in/prepay
9:00a-9:55a	Pilates Equipment (Beginner)	George	limited enrollment
9:00a-10:00a	Pilates Mat	Candace	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-11:05a	Pilates Equipment (Advanced)	George	limited enrollment
10:10a-11:20a	Yoga	Trina	drop-in
10:15a-11:15a	Yoga Basics 1	Louise	series
10:20a-11:20a	Nia	Jule	drop-in
10:45a-11:30a	Mommy & Me Postnatal Yoga	MiMi	series
11:30a-12:30p	Hoop Dance	Blythe	drop-in
11:30a-12:30p	Core & More	Barbara	drop-in
12:15p-1:15p	Infant Massage	Mimi	series
12:30p-1:30p	Pole Flight Fitness	ZDF Team	studio rental
12:45p-1:45p	Aikido	Lynn	studio rental
4:30p-6p	Bhavana in Motion (1x/month only)	Liz	drop-in/prepay

SUNDAY

8:30a-9:45a	Iyengar Hatha Yoga	Terry	drop-in/prepay
9:00a-10:00a	Prenatal Pilates	Teresa	series
10:10a-11:05a	Pilates Equipment	Teresa	limited enrollment
10:15a-11:30a	Aikido	Lynn	studio rental
11:00a-12:10p	Yoga Fundamentals & Flow	Louise	drop-in
12:00p-1:00p	Nia	Shannon	drop-in
12:15p-1:15p	Raise the Barre! Ballet Workout	Kris	drop-in
12:30p-1:30p	Pilates Mat	Chantal	drop-in
1:15p-2:15p	Zumba	Carla	drop-in
1:30p-2:30p	Hip Hop	Geena	series
2:30p-3:30p	Bollywood Dance	Ross	drop-in

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

CLASS DESCRIPTIONS

See more details at movestudio.com. Bare feet are appropriate or recommended for all classes unless otherwise noted below.

Barre-lesque: All the intensity and grace of the Raise the Barre! Ballet workout, with shimmy-inducing music that will leave your abs and tush tingling for more!

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

Bhavana in Motion: An evolving blend of yoga, ecstatic dance and meditation to help open your heart, mind and body.

Bollywood Dance: Challenge your coordination and stamina in this fun, high energy dance class that moves every part of your body. Set to contemporary Indian and east-west fusion music.

Chair Dance Fitness: Learn hot chair moves in this fun and challenging Zensual Dance Fitness™ workout. *Women only.*

Core & More: Pilates, core work, yoga and other fitness elements combined to lengthen and strengthen the entire body.

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

Hip Hop: The latest hip hop and video moves set to the hottest urban contemporary and Top 40 music. Familiar moves you can use in the club, as well as a great workout. *Sneakers required.*

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 and creative moves keep you spinning!

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

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

On The Ball: Get on the exercise ball and improve strength, balance, flexibility and control with a cardio warm-up, upper and lower body resistance work, core stability training, & stretching.

Orbit™ Core Training: An intense full-body workout using the free-rolling Orbit™ apparatus. Pilates experience required.

Pilates Core Fusion: A Pilates-based core-strengthening class enhanced with weights, resistance bands, exercise balls, etc.

Pilates Equipment: An intense full-body workout on the Reformer, Tower and Chair apparatus. Pilates Mat experience recommended. *Limited Enrollment (4 students max).*

Pilates Mat: The classic Pilates Method 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™ / Pole Tricks: Pole classes are offered through Zensual Dance Fitness™. See zensualdance.com.

Postnatal Yoga: This “mommy & me” class series 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 and 3rd trimesters.

Raise the Barre! Ballet Workout: Sculpt a dancer’s body with ballet-based barre and floor exercises. No dance experience needed. *Ballet or dance shoes suggested, but may be done barefoot.*

Tone & Sculpt: Tone up and build lean muscle mass using a variety of equipment including hand weights, resistance bands and more. *Sneakers or athletic shoes recommended for safety.*

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 Align & Balance: Build strength and flexibility while releasing tension and tightness, with emphasis on alignment and balance.

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: Focus on technique with a moderately-paced vinyasa flow to help build stamina and grace in flow transitions.

Yoga to the Core: A fusion of power flow yoga, core strengthening, sculpting/toning with light hand weights, and deep stretching for a challenging all-in-one workout!

Zensual Dancing™ Basics: Learn the basics of Zensual Dancing, exotic-dance based fitness, and prepare for our many other Zensual offerings. *Women only.*

Zensual Flow: These Zensual Dancing classes offer a unique blend of moving meditation and floor work to help you realize the beautiful, sensual, strong woman within. *Women only.*

Zumba™: Fun cardio dance fitness fusing Latin/global rhythms and easy-to-follow steps with interval training and body sculpting moves. *Dance fitness shoes recommended.*

Zumba Toning adds weighted maracas for more upper body work.

Zumba with Baby/Toddler is a modified “mommy & me” class.

CLASS TYPES

Drop-in classes are ongoing and meet every week unless noted on schedule or 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. New students please contact studio during office hours before attending.

Limited Enrollment classes have very limited space available (usually 4 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 contact the instructor/organization before attending.

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.