

MONDAY

9:30a-10:30a	Core & More	Barbara	drop-in
9:45a-10:45a	Nia	Jule	drop-in
11:00a-12:00p	Gentle Yoga	Chantal	drop-in
12:15p-1:15p	Qigong	Chris	studio rental
5:15p-6:15p	Nia	Jan	drop-in
6:00p-7:00p	Prenatal Pilates	Teresa	series
6:10p-7:20p	Yoga	Tiffany	drop-in
6:20p-7:20p	Zensual Flow	Zensual	drop-in
7:30p-8:30p	Bellydance Basics	Tamra	series
7:30p-8:25p	POUND Rockout Workout	Nicole	drop-in
7:40p-8:40p	Pole Flight Fitness: all levels	Zensual	studio rental
8:35p-9:35p	Bellydance Odyssey	Tamra	series
8:40p-9:40p	Pole Tricks: level 2-4	Zensual	studio rental

TUESDAY

8:30a-9:25a	Tone & Sculpt	Candace	drop-in
9:30a-10:30a	Nia	Shannon	drop-in
9:35a-10:35a	Pilates Mat	Terry R.	drop-in
10:45a-12:00p	Yoga Flow	Tida	drop-in
10:45a-11:45a	Yoga for Women	Mimi	series
11:15a-12:30p	ChogaFlow	Valerie	drop-in
12:15p-1:30p	Prenatal Yoga	MiMi	series
3:45p-4:45p	Viniyoga	Tammy	drop-in
5:45p-7:00p	Iyengar Hatha Yoga	Terry G.	drop-in
6:00p-7:00p	Yoga Basics	Tida	series
6:00p-7:00p	Nia	Jule	drop-in
6:10p-7:20p	Yoga	Andy	drop-in
7:30p-8:30p	Feldenkrais ATM	Angela	wksp/series
7:20p-8:20p	Zumba	Michie	drop-in
7:30p-8:30p	Pole: Xtreme Flex: all levels	Zensual	studio rental
8:30p-9:30p	Zensual Dance	Zensual	series
8:40p-9:40p	Pole: Xtreme Tricks levels 4-6	Zensual	studio rental

WEDNESDAYS

8:30a-9:25a	Raise the Barre! Ballet Workout	Caryn	drop-in
9:00a-10:15a	Release & Flow Yoga	Cindy	drop-in
9:35a-10:35a	Pilates Core Fusion	Teresa	drop-in
9:45a-10:45a	Nia	Jule	drop-in
10:45a-11:45a	Tai Chi	Bobby	drop-in
11:00a-12:00p	Gentle Yoga & Meditation	Tammy	drop-in
12:15p-1:15p	Pole & Flow: all levels	Zensual	studio rental
1:15p-2:00p	Open Studio/Performance Practice	Zensual	studio rental
4:30p-5:30p	Mindful Yoga	Tida	drop-in
5:00p-6:00p	Pilates Mat	Chantal	drop-in
5:30p-6:30p	Nia	Jan	drop-in
6:00p-7:15p	Prenatal Yoga	Mimi	series
6:00p-7:10p	Yoga for Back Health/Post Injury Pilates	Candace	series
6:00p-6:55p	Pilates Equipment: Int/Adv	Cheryl	limited enrollment
6:10p-7:20p	Yoga	Tiffany	drop-in
6:35p-7:30p	Hoop Dance Basics	Lisa	series
7:00p-7:55p	Pilates Equipment Basics	Cheryl	series
7:30p-8:30p	Tone & Sculpt	Candace	drop-in
7:40p-8:40p	Pole Flight Fitness: levels 1-2	Zensual	studio rental
7:35p-8:35p	Bellydance	Tamra	drop-in
8:40p-9:40p	Pole Tricks: levels 1-2	Zensual	studio rental

THURSDAY

8:30a-9:25a	Tone & Stretch	Candace	drop-in
9:30a-10:30a	Nia	Shannon	drop-in
9:35a-10:35a	Pilates Mat	Chantal	drop-in
10:45a-12:00p	Gentle Yoga Flow	Tida	drop-in
11:15a-12:30p	ChogaFlow	Valerie	drop-in
6:00p-7:00p	Nia	Jule	drop-in
6:00p-7:15p	Aikido	Lynn	studio rental
6:00p-7:00p	Pilates Mat	Cheryl	drop-in
7:20p-8:20p	Zumba Toning	Nicole	drop-in
7:20p-8:30p	Deep Stretch Yoga	Michie	drop-in
7:30p-8:30p	Contemporary Pole Dancing	Zensual	studio rental
8:40p-9:40p	Pole after Dark: all levels	Zensual	studio rental

Don't miss MoveStudio class announcements & deals-
receive our weekly e-newsletter!

FRIDAY

9:00a-10:15a	Release & Flow Yoga	Cindy	drop-in
9:45a-10:45a	Nia	Jule	drop-in
11:00a-12:15p	Viniyoga	Tammy	drop-in
11:00a-12:00p	Raise the Barre! Ballet Workout	Caryn	drop-in

SATURDAY

7:50a-8:50a	Tone & Sculpt	Candace	drop-in/prepay
9:00a-10:00a	Pilates Mat	Candace	drop-in
9:00a-10:15a	Yoga: Stretch, Strength & Serenity	Louise	series
9:05a-10:05a	Nia Moving to Heal	Jule	drop-in
9:15a-10:30a	Prenatal Yoga	MiMi	series
10:00a-11:10a	Prenatal Yoga	MiMi	series
10:10a-11:20a	Yoga	Michie	drop-in
10:10a-11:05a	Pilates Equipment: Adv	Teresa	limited enrollment
10:20a-11:20a	Nia	Jule	drop-in
10:30a-11:30a	Yoga Basics	Tida	series
10:45a-11:30p	Mommy & Me Postnatal Yoga	Mimi	series
11:10a-12:05p	Pilates Equipment Basics	Teresa	series
11:25a-12:10p	Mommy & Me Postnatal Yoga	Mimi	series
11:30a-12:30p	Hoop Dance	Suzi	drop-in
11:30a-12:30p	Core & More	Barbara	drop-in
12:10p-1:10p	Pilates Mat Basics	Teresa	series
12:40p-1:40p	Pole Conditioning: all levels	Zensual	studio rental
12:40p-1:40p	BollyX (2 nd & 4 th Saturdays)	Nicole	drop-in
1:40p-2:40p	Pole Dancing: levels 1-2	Zensual	studio rental

SUNDAY

8:30a-9:30a	Iyengar Hatha Yoga	Terry	drop-in/prepay
9:45a-10:45a	Pilates Mat	Chantal	drop-in
10:15a-11:15a	Aikido	Lynn	studio rental
11:00a-12:15p	Yoga: Stretch, Strength & Serenity	Louise	drop-in
11:30a-12:40p	Mindful Yoga	Tida	drop-in
12:15p-1:15p	Nia	Shannon	drop-in
1:00p-2:00p	Raise the Barre! Ballet Workout	Cheryl	drop-in
2:00p-3:45p	Yoga Bliss Sundays	Cindy	wksp/series
4:00p-5:15p	Yoga for Fibromyalgia Relief	Tammy	series



Make this a SUMMER of LOVIN' the way you MOVE!

Pick up your SUMMER BINGO CARD today!

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

CLASS DESCRIPTIONS *Bare feet are appropriate or recommended for all classes unless otherwise noted below.*

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

BollyX: Bollywood-inspired dance fitness program that cycles between higher and lower intensity dance sequences to get you moving, sweating and motivated! Unleash your inner swagger!

ChogaFlow™: Yoga done both seated and standing, integrating breath with movement. Ideal if you are new to practicing yoga, prefer a less strenuous class or have physical limitations.

Core & More: Strengthen the entire body and improve your endurance and flexibility through a fusion of weights, barre, yoga poses, exercise balls and more. *Sneakers or athletic shoes recommended for safety.*

Deep Stretch Yoga: Relax muscles, deepen stretch and increase flexibility through seated and lying yoga poses, using props to experience poses more easily and fully.

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

Gentle Yoga: Centering around the breath, rejuvenating and healing. With the slower pace, focus on toning and stretching with awareness while releasing tension and stress. Props are often used.

Gentle Yoga & Meditation: With movement, breath and guided mediation, let go of tension held in the body and mind.

Gentle Yoga Flow: This “slow flow” practice allows for thorough instruction, proper alignment tips, substantial modifications and use of props to assist in the poses. Incorporating breath, mindful movement and ending with a sequence of relaxing, deep stretches. Basic yoga experience helpful.

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.

Laughter Yoga: Simple laughter exercises and stretching for all abilities. Reduce stress and enjoy increased oxygen and flexibility and a heightened state of being. Ho ho ha ha ha!

Mindful Yoga: Bring your body and mind back together into union. Enjoy present moment awareness in a class that includes yin, restorative and gentle dynamic movement.

Moving to Heal: A gentler movement practice adapting Nia to individual's needs, complimenting and facilitating healing of body, mind, emotions and spirit

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.

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. *Limited Enrollment, Series, & Private Training.*

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 prewalkers) 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.

POUND: An exhilarating full-body workout using Ripstix®, lightly weighted drumsticks, that combines cardio, conditioning, and strength training with yoga and pilates inspired moves. Rock out! *Sneakers or athletic shoes.*

Raise the Barre! Ballet Workout: Sculpt a dancer's body with ballet-based barre and floor exercises, light hand weights and stretching.

Release & Flow Yoga: A fusion of slow flow and massage ballwork for renewal and healing, beneficial for de-stressing, re-energizing and moving beyond tension.

Tai Chi: Alleviating stress and anxiety, this ‘meditation in motion’ promotes inner peace, greater awareness.

TaKeTiNA: A musical and meditative workshop that reconnects us to our natural rhythmic ability. Engage your body, mind and senses to develop awareness and cultivate presence. Beginner friendly!

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.*

Tone & Stretch: A “lighter” version of Tone & Sculpt. Class includes toning exercises and yoga-inspired stretching. *Bare feet or sneakers.*

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 For Better Health: Ease tense muscles, increase flexibility and balance. Connect with your body and become more aware of your day-to-day alignment to improve your health.

Yoga: Stretch, Strength & Serenity: Deep stretching, a standing practice for building strength & improving balance, as well as time for rest, serenity & self-exploration. Basic yoga experience recommended.

Zensual Flow: Dance fitness fusion workout designed to tone, strengthen, build flexibly and increase confidence.

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.

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-\$20 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 **MUST** be prepaid (class pass or online payment in advance). New students please contact studio during office hours before attending.

Limited Enrollment classes are not included in drop-in class passes; advance registration and payment is required. Beginners may need to start with private training or basics series in order to advance to these semi-private classes.

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.

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).