



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Energy Pump Andy	8:00 AM Power Abs & Glutes Andy	9:00 AM Expand & Glow Yahel	6:30 AM Energy Pump Andy	9:00 AM Power Abs & Glutes Andy
12:00 PM Prenatal Movement Yahel	9:30 AM Strong & Aligned Andy	10:30 AM Prenatal Movement Yahel	8:00 AM Strong & Aligned Andy	11:30 AM Corporate Happy Hour Yahel
	5:30 PM Expand & Glow Yahel	12:00 PM Corporate Happy Hour Yahel	6:30 PM Power Abs & Glutes Andy	
		6:00 PM Energy Pump Andy		



ENERGY PUMP

A full body dynamic workout, targeting multiple muscle groups intermixed with high intensity cardio blasts. This class is a perfect way to boost your energy and blood flow for the day. Caloric burn will be at a high rate and continue long after the workout is over. Class will end with a deep stretch to restore the body.



PRENATAL MOVEMENT

A special class for mamas-to-be! We work to increase spiritual, mental, and physical comfort during the journey of pregnancy. This class incorporates movements to strengthen important birthing muscles, including your abdomen, legs, lower back, and pelvic floor; muscles your body relies on so greatly during labor. Improve your circulation, release endorphins, and shorten recovery time after childbirth.



STRONG & ALIGNED

Focuses on strengthening muscles of your upper body: arms, back, chest and core while incorporating complimentary postural poses for alignment. This form focused class will use suspension training, resistance bands, blocks, and mat work to achieve a strong, lean, and open physique.



POWER ABS & GLUTES

Lower body targeted class fused with an abdominal burn out. Exercises will specifically target lifting and sculpting your glutes through resistance band "butt" work and balance training. We will incorporate varying squats and lunges and use of the suspension trainer. Foam rolling and lower back stretches will complete the class and keep you feeling fresh and mobile.



CORPORATE HAPPY HOUR

A class dedicated to reversing the body's negative muscular adaptations due to prolonged sitting at the desk or sitting in traffic. Take a peaceful moment for yourself to let breath work and blood flow redirect your body's posture. This class will focus on lengthening your spine, increasing shoulder and hip mobility, and activating your sleepy glutes.



EXPAND & GLOW

Direct your body and mind into a deeper level of equanimity, balance, power, and strength. This class compliments athletic training as it focuses on deep fascia release work through foam rolling. We work on opening and strengthening poses on the yoga wall using straps and body weight. The supporting yoga wall allows you to comfortably and safely hold inversions, backbends, forward bends, and twists.

