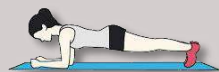


# Mat Classes



# May 2017



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early			<b>Sunrise Pilates</b> (7:30 am) ☺ (Brenda)		<b>Healthy Spine</b> (7:30 am) ☺/♥ (Brenda)		
	<b>BOSU &amp; Balls</b> (9:00 am) ☺ (Sarah)	<b>Arc Barrel **</b> (9:30 am) ♦ (Jenn)			<b>Pilates &amp; TRX</b> (9:05 am) ♦/☺ (Kate)	<b>TRX &amp; Tabata!</b> (9:00 am) ♦ (Matt)	<b>Pilates &amp; Props</b> (9:30 am) ☺ (Lesley/Patty)
Before Lunch			<b>Kind &amp; Gentle</b> (10:15 am) ♥♥ (Sarah)			<b>Pilates &amp; Props</b> (10:15 am) ☺ (Ella)	
Midday		<b>Strength &amp; Balance</b> (12:15 pm) ☺/♥ (Jaime)			<b>Strength &amp; Balance</b> (12:15 pm) ☺/♥ (Liz)		
	<b>Gentle OsteoPilates</b> (1:30 pm) ♥ (Sarah/Danielle)			<b>Gentle OsteoPilates</b> (1:30 pm) ♥ (Ella)			
Early Eve	<b>Yogilates!</b> (4:30 pm) ☺ (Mere)	<b>Balls &amp; Springs</b> (4:35 pm) ☺ (Ella)	<b>Pilates &amp; Props</b> (3:30 pm) ☺/♥ (Ella/Danielle)	<b>Pilates &amp; TRX</b> (4:30 pm) ☺ (Kate)			
Evening		<b>C.O.R.E!</b> (5:40 pm) ♦ (Lesley)	<b>Strength &amp; Stretch</b> (5:40 pm) ♥/☺ (Danielle)				

All Classes 55 Minutes

♥ Gentle/Easy

☺ All Levels

♦ Intermediate/Advanced\*

\*\*Pre-enrollment required.

### Mat Class Rates:

\$16 per class; 10 for \$135; 5 for \$75.

\$8 per class for Teens.

Class punch cards expire after 4 months.

(\*Please consult with studio before joining Advanced classes)

### Unlimited Mat Membership!

Unlimited Mat classes

Only \$110 (+s/t) per month!

\*12 month minimum required.

### Class Registration:

All classes can be reserved

online at [www.mindbodyonline.com](http://www.mindbodyonline.com)

or through the mindbody app.

### News & Events:



Great Harvest Month @ Joy!



Wine Tasting – May 8 @ 2:30pm



Free Mat Intro: May 7 @ 10:45am



Joy Book Club – June 4



# Reformer/TRX Series



# May 2017



Time	Mondays (5 weeks)	Tuesdays (5 weeks)	Wednesdays (5 weeks)	Thursdays (4 weeks)	Fridays (4 weeks)	Saturdays (4 weeks)
Morning	<b>Mindful</b> (9:00 am) Instructor: Jaime		<b>Mindful</b> (9:00 am) Instructor: Jaime	<b>Intermediate</b> (9:30 am) Instructor: Jenn		
		<b>Intermediate</b> (9:30 am) Instructor: Kate	<b>Mindful</b> (10:05 am) Instructor: Jenn/Danielle	<b>Power</b> (10:45 am) Instructor: Jenn	<b>Essential +</b> (10:05 am) Instructor: Ella/Liz	<b>CardioJump!*</b> (10:15 am) <i>NEW!</i> Instructor: Danielle
		<b>Mindful</b> (11:00 am) Instructor: Jaime	<b>CardioJump!*</b> (11:15 am) Instructor: Jenn	<b>Prenatal Apparatus</b> (11:00 am) Instructor: Jaime	<b>Essential</b> (11:10 am) Instructor: Liz	
Midday	<b>Essential</b> (12:00 pm) Instructor: Danielle		<b>Essential</b> (12:30 pm) Instructor: Ella			
	<b>Intermediate</b> (1:30 pm) Instructor: Ella	<b>CardioJump!*</b> (2:30 pm) Instructor: Ella				
Early Eve	<b>Essential +</b> (4:30 pm) Instructor: Jenn/Liz	<b>Essential</b> (4:30 pm) Instructor: Liz	<b>Essential +</b> (4:30 pm) Instructor: Danielle			
Evening	<b>PureTRX!</b> (5:45 pm) Instructor: Matt	<b>Power</b> (5:45 pm) Instructor: Liz	<b>Intermediate</b> (5:45 pm) Instructor: Liz	<b>Power</b> (5:35 pm) Instructor: Kate		



**Please Note:** Clients **MUST** have 1 Private lesson or Reformer experience to join a series. Early registration is **required**.

### Reformer/TRX Series Rates:

1 Class – \$25  
4 Week Series – \$80  
10x Jump Card – \$230  
Teens – \$15 per class

### Ultimate Reformer/TRX Membership!

2 classes per week + **Unlimited** Mat classes  
Only \$175 (+s/t) per month.\*  
\*12 month minimum required.

### Class Registration:

All classes can be reserved online at [www.mindbodyonline.com](http://www.mindbodyonline.com) or through the mindbody app.

\*CardioJump! classes—not recommended for those with chronic knee, back, or neck issues.

