



# CLASS SCHEDULE

## MON

- 9:30 am FF
- 4:25 pm SS
- 5:30 pm H26
- 6:45 pm FF

## TUES

- 5:30 am FF
- 9:30 am H26
- 5:30 pm FF
- 6:30 pm H26
- 6:30 pm SS
- 6:30 pm T4L Workshop

## WED

- 9:30 am FF
- 4:25 pm SS
- 5:30 pm Flow
- 5:45 pm FF

## THURS

- 5:30 am FF
- 9:30 am H26/Flow
- 5:30 pm FF
- 6:30 pm SS
- 6:30 pm H26

## FRI

- 9:30 am FF
- 4:25 pm FF

## SAT

- 8:15 am FF
- 9:30 am H26

## SUN

- 4:15 pm Silent H26

## OPEN GYM HOURS

Mon-Fri 3pm to 8pm (RSVP)  
with annual commitment only

## Transformation Training

### FUNCTIONAL FUN FULL BODY WORKOUTS (FF)

Hit every muscle group plus core (Super sets, Tabata, Cross-fit, circuit training, cardio-strength, body pump, body weight, plyometrics and more). No two workouts are the same. They are designed to be safe and fun for anyone, regardless of age, fitness level or medical concern.

### SPORT SPECIFIC TRAINING (SS)

Workouts for athletes wanting to take their performance to its highest and best. Workouts include agility, speed, endurance, strength, power, core and flexibility. Athletes will be educated on nutrition before, during and after workouts and competition.

## Halo Hot Yoga

### HOT 26: 105 degrees, 50% humidity (H26)

Each class practices the same meditative 26 postures and 2 breathing exercises in sequential order to stretch and strengthen your body. Heated room helps to go deeper into the posture and sweat out toxins.

During the 1 hour classes, instructors will flow postures together, only 1 minute on certain poses and may add music.

1:15 min classes will be instructional and will implement a savasana to relax body and mind between each floor posture.

### FAITH FLOW: 95 degrees (Flow)

Christian or relaxing music will play in the background as your instructors creatively incorporate a variety of flow poses, strength, balance, stretching, Pilates, core and more. (1 hour).

Besides the countless physical benefits of yoga gained from regularly practicing yoga, you will increase joy, living in the present tense, gratefulness and stress reduction.

## Transformation for Life Workshop

*"True wellness is the interconnectedness of DAILY exercises for your mind, body, spirit and financial wellness." -Shelly Sorg.*

Learn to prioritize YOU in a busy lifestyle and build daily habits for your mind, body, spirit and financial wellness that will empower you to reach your goals. The Transformation for Life Workshop includes a consultation to help you determine your goals, and a pretest and post test so you can measure your results. Most clients lose 12-40 pounds, 1-3 sizes, 8-24 inches, 8-20 percent body fat. If you show up every week and do the work, you will get results. More importantly, you will gain wisdom to stay committed to your values, goals, calendar, self and accountability partner to not only reach goals but maintain for life.

**It will TRANSFORM your life, inside and out!**

Tuesday nights starting Sept 21, 5:30 FF Workout/6:30 T4L Workshop

We will add more time slots, every 8 new clients and if classes consistently stay over 15 participants. Our best thank you gift is a referral so we can offer more classes and services. Refer a friend that commits to a service four months or more to earn \$50 credit.