

Studio Regular Schedule (Sept 16th – May 15th)

	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
9:15 AM	<i>Spin-FIT</i> Julie K	<i>Spin-FIT</i> Selene P	<i>Spin-FIT</i> Julie K	<i>Spin-FIT</i> Selene P			
10:30 AM	<i>Functional CORE</i> Francesca T	<i>Yoga Flow</i> Anna P	<i>Essentrics</i> Kathy S	<i>Yoga Flow</i> Anna P			
5:15 PM	<i>Yoga Recharge</i> Kim M	<i>Spin-FIT</i> Nikki T	<i>Yoga Recharge</i> Kim M	<i>Spin-FIT</i> Nikki T			4:30 PM <i>Yoga Recovery</i> Kim M
6:30 PM	<i>Yoga Recovery</i> Kim M	<i>Yoga Flow</i> Shenaye L	<i>Spin-FIT</i> Jena G	<i>Yoga Flow</i> Shenaye L			

- **Spin-FIT:** Half Cardio Cycle + Half Functional Interval Training featuring Olympic lifting station, dumbbells, kettlebells, TRX, step boxes, bands, balls and body-weight exercises.
- **Yoga Flow:** Relaxing and harmonious with traditional yoga postures and sequences; Hatha-Flow elements.
- **Yoga Recovery:** Deep release stretches targeting tissue and fascia release w/ lots of props; Yin-Restorative elements.
- **Yoga Recharge:** Uplifting movement with strength and balance postures, Vinyasa-Ashtanga elements
- **Lifestyle:** (CORE, Barre, Essentrics) Dynamic full-body workouts that incorporate balance and strengthening exercises with movements designed to improve overall body mobility, flexibility and function.

Registration Info:

- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class
- ✓ Registration is *online* thru **evolutionfernien.com** OR thru **In-Charge Life** App
- ✓ Classes are 1-hour duration. 15-minute break between classes for cleaning and participant changeover.
- ✓ Arrive **10 minutes prior to class start time**. Late arrivals may be denied entry.
- ✓ Scan-in or check-in with Front Desk upon arrival
- ✓ Class participant size is limited to: **Spin-FIT: 10 Others: 14**
- ✓ **No-show's** and **Last-Minute Cancellations** (Under 2-hours to start time) are charged a **\$5 No-Show Fee**.
- ✓ Studio Yoga mats available for use, you are encouraged to bring your own mat; All Yoga Props provided
- ✓ Yoga and Lifestyle classes feature ceiling mounted *Yoga Panels*[®] **Infrared heaters** for a deep, gentle warmth
- ✓ Schedule or Instructor may change at any time, please see online calendar for weekly availability

