

## Pilates & TRX

Monday		
5:15-6:00 am	† TRX Bootcamp	Jenn
6:00-6:45 am	† TRX Bootcamp	Jenn
8:30-9:25 am	Pilates Mat	Courtney W
9:30-10:15 am	† Pilates & Yoga on the TRX	Ellen
9:30-10:25 am	† Pilates Reformer 2	Courtney
12:00-12:30 pm	Les Mills® Barre	Brittany
12:00-12:45 pm	† TRX	Jill
4:15-5:10 pm	† Pilates Reformer	Cindy
4:30-5:00 pm	CXworx	Brittany
5:00-5:45 pm	† TRX	Becky
Tuesday		
7:00-7:55 am	† Pilates Reformer	Jennifer
8:25-8:55 am	Les Mills® Barre	Brittany/Mari
8:30-9:15 am	† TRX	Jamie
9:30-10:25 am	† Pilates Reformer	Rachel
9:45-10:30 am	† Hot Pilates Sculpt	Jennifer
10:15-11:15 am	† Move Your ASSets	Andrea
11:00-11:45 am	† TRX	James
11:45-12:40 pm	† Pilates Reformer	Courtney H
5:00-5:45 pm	† TRX	James
5:30-6:25 pm	† Pilates Reformer	Jennifer
5:45-6:40 pm	Pilates Mat	Ellen
6:00-6:45 pm	Pilates Barre	Christen
Wednesday		
5:15-6:00 am	† TRX Bootcamp	Jenn
6:00-6:45 am	† TRX Bootcamp	Jenn
8:30-9:15 am	Pilates Barre	Christen
8:30-9:25 am	† Pilates Reformer	Lisa
9:30-10:15 am	† TRX & Rip	Jamie
9:45-10:40 am	Pilates Mat	Lisa
10:30-11:15 am	† Pilates Tower	Courtney H
12:00-12:45 pm	† TRX	Jill
5:15-5:45 pm	Les Mills® Barre	Andrea
5:30-6:25 pm	† Pilates Reformer	Christen

Thursday		
6:30-7:15 am	Pilates Mat	Kierstin
7:00-7:55 am	† Pilates Reformer	Jennifer
8:30-9:25 am	Pilates Mat	Jennifer
9:30-10:25 am	† Pilates Reformer 2	Courtney H
10:45-11:45 am	Body Boost	Patti
11:45-12:40 pm	† Pilates Reformer	Janeen
5:30-6:25 pm	† Pilates Reformer 2	Courtney H
5:45-6:30 pm	† TRX	Ryan
Friday		
6:00-6:45 am	† TRX Bootcamp	Tracey
8:30-9:25 am	† Pilates Reformer	Courtney H
9:00-9:45 am	Pilates Barre	Christen
9:30-10:15 am	† TRX	Tracey
10:00-10:55 am	Pilates Mat	Courtney H
Saturday		
6:30-7:15 am	† TRX Bootcamp	James
7:00-7:55 am	Fit Pilates	Ellen
8:30-9:25 am	† Pilates Reformer	Krista
8:30-9:15 am	Pilates Barre	Christen
8:30-9:15 am	† Hot Pilates Sculpt	Rachel
9:30-10:15 am	† Pilates Tower	Christe
9:40-10:10 am	CXworx	Rotate
10:00-10:45 am	† Teen TRX	James
10:20-10:50 am	Les Mills® Barre	Brittany
Sunday		
8:30-9:25 am	Pilates Mat	Christen
9:30-10:25 am	† Pilates Reformer	Christen
9:45-10:30 am	Pilates Barre	Tammy R

***HOT Yoga and TRX use a FIT PASS:***

**Members**

Drop-in: \$10/class, 10 Class Pass: \$80  
 Unlimited option includes HOT Yoga, TRX,  
 Rip 30 & GRIT Classes: \$20/month 1 year commitment, \$75 for 3 months (paid in full)

Small Group/Reformer: \$30/Class,  
 10 Class Pass \$220, 20 Class Pass \$340

**Non-Members**

Drop-in: \$20/Class, 10 Class Pass: \$180

† All Bolded classes require pre-registration & payment online or at Wellness Studios. 1X - once month.  
 Visit [www.harborwellnessstudios.com](http://www.harborwellnessstudios.com) for workshops and Intro class schedules. Minimum of 10 participants for classes to continue.  
 Schedule subject to change.

# HarborAthleticClub

fitness is a lifelong pursuit

## Yoga & Tai Chi

# Classes *In the Studio*

Monday		
8:30-9:30 am	† Hot Power Flow	Annie
9:00-10:00 am	Yoga Foundations	Jenny
9:45-11:00 am	Yoga	Rachel
9:45-10:45 am	† Hot Roll to Release	Jennifer
10:35-11:35 am	BodyFlow®	Jill
11:30-12:15 pm	Intermediate Tai Chi Fundamentals (yang/sun form)	Rita
5:15-6:15 pm	Yoga for Strength	Tammy S
5:30-6:30 pm	† Hot Roll to Release	Andrea
6:20-7:20 pm	BodyFlow®	Monica
6:30-7:45 pm	Yoga	Tammy S
6:45-8:00 pm	† Hot Yin Yoga	Valerie
Tuesday		
6:30-7:15 am	Yoga	Kierstin
8:30-9:30 am	† Hot Power Flow	Courtney
8:45-10:00 am	Slow Flow Yoga	Esther
9:00-10:00 am	BodyFlow®	Mari
10:15-11:15 am	EveryBODY Yoga	Valerie
11:30-12:30 pm	† Roll to Release	Andrea
1:30-2:45 pm	Slow Flow	Melissa M
5:30-6:30 pm	† Hot Power Flow	Suki
Wednesday		
5:45-6:45 am	Yoga	Michael
8:30-9:30 am	† Zen Strong	Andrea
8:30-9:30 am	Qigong	Sandy
9:45-10:45 pm	† Hot Roll to Release	Andrea
10:45-11:45 am	BodyFlow®	Jackie R
2:15-3:00 pm	Beginning Tai Chi Yang 24 Forms	Joan
4:30-5:30 pm	† Hot Power Flow	Annie
5:30-6:45 pm	Yin Yoga	Valerie
6:00-7:00 pm	Yoga Flow	Jenny

Thursday		
8:15-9:15 am	† Roll to Release	Andrea
8:30-9:30 am	† Hot Power Flow	Courtney
9:30-10:30 am	Yoga Flow	Krista
9:30-10:30 am	† Yoga for Back Care	Andrea
12:15-1:15 pm	EveryBODY Yoga	Kelly
1:30-2:45 pm	Slow Flow	Kelly
5:20-6:05 pm	BodyWeight Sculpt	Mari
5:30-6:30 pm	† Zen Strong	Andrea
5:45-6:30 pm	† Hot Flow Yoga	Melissa F
6:15-7:15 pm	BodyFlow®	Brinda
6:45-7:45 pm	† Yoga for Back Care	Andrea
6:45-8:00 pm	† Hot Yin Yoga	Melissa M
Friday		
8:20-9:20 am	BodyFlow®	Monica/Mari
8:30-9:30 am	† Hot 26 remix	Andrea
9:30-10:30 am	Yoga Flow	Krista
9:45-10:45 am	† Hot Yin Yoga	Kelly
11:15-12:00 pm	Tai Chi for Health & Arthritis (Sun form)	Joan
5:30-6:30 pm	† Hot Slow Flow Yoga	Jerri
Saturday		
7:00-8:00 am	† Hot Power Flow	Krista
7:45-8:45 am	Yoga	Val
8:30-9:15 am	† Hot Pilates Sculpt	Rachel
9:00-10:15 am	Yoga Flow	Patrick
9:30-10:45 am	† Hot Yin Yoga	Valerie
Sunday		
8:30-9:30 am	† Zen Strong	Tammy R
9:00-10:15 am	Yoga Flow	Melissa F
9:45-10:45 am	† Hot Slow Flow Yoga	Suki
10:30-11:30 am	Yoga	Tammy S

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Wellness Studios 608.821.6501  
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