

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
9:30-10:25 am	\$ Pilates Reformer 2	Courtney
11:45-12:40 pm	\$ Pilates Reformer	Rachel
4:00-4:30 pm	Les Mills® Barre	Brittany
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
8:30-9:15 am	\$ TRX	Jamie
9:30-10:15 am	\$ Pilates Tower	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
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
9:30-10:24 am	Everybody Pilates	Christen
9:30-10:15 am	\$ TRX & Rip	Jamie
9:45-10:40 am	Pilates Mat	Lisa
10:45-11:30 am	\$ Pilates Tower	Courtney H
12:35-1:20 pm	\$ Hot Sculpt	Sara
5:15-5:45 pm	Les Mills® Barre	Andrea
5:30-6:25 pm	\$ Pilates Reformer	Christen
5:30-6:45 pm	\$ TRX	Michelle

Thursday		
6:30-7:15 am	Pilates Mat	Kierstin
7:00-7:55 am	\$ Pilates Reformer	Jennifer
8:30-9:25 am	Fit Pilates	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
11:15-12:00 pm	\$ Pilates Tower	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	Christen
9:40-10:10 am	CXworx	Cassidy/Margaret
10:00-10:45 am	\$ Teen TRX	James
10:20-10:50 am	Les Mills® Barre	Rotate
Sunday		
8:30-9:25 am	Pilates Mat	Christen
9:45-10:30 am	Pilates Barre	Tammy R
10:30-11:25 am	\$ Pilates Reformer	Christen

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 commit-
 ment, \$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.

Visit www.harborwellnessstudios.com for workshops and Intro class schedules. Minimum of 10 participants for classes to continue.

Schedule subject to change.

Wellness Studios 608.821.6501

www.harborwellnessstudios.com

Yoga & Tai Chi

Monday		
8:30-9:30 am	\$ Hot Flow Yoga	Annie
9:45-11:00 am	Flow 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
12:00-12:45 pm	\$ Hot Flow Yoga	Jenny
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 Flow Yoga	Courtney
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 Flow Yoga	Suki
Wednesday		
5:45-6:45 am	Yoga Flow	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
12:35-1:20 pm	\$ Hot Sculpt	Sara
4:30-5:30 pm	\$ Hot Flow Yoga	Annie
5:30-6:45 pm	Yin Yoga	Valerie
5:45-6:45 pm	Yoga Foundations (Heated)	Karen
6:00-7:00 pm	Yoga Flow	Jenny

Thursday		
8:15-9:15 am	\$ Roll to Release	Andrea
8:30-9:30 am	\$ Hot Flow Yoga	Courtney
9:30-10:30 am	Yoga Flow	Krista
9:30-10:30 am	\$ Yoga for Back Care 2	Andrea
10:45-11:45 am	\$ Yoga for Back Care 1	Andrea
12:20-1:20 pm	EveryBODY Yoga	Kelly
1:30-2:45 pm	Slow Flow	Kelly
5:20-6:05 pm	BodyWeight Sculpt	Margaret
5:30-6:30 pm	\$ Zen Strong	Andrea
5:45-6:30 pm	\$ Hot Flow Yoga	Melissa F
5:45-6:40 pm	Pilates Barre/Mat	Christen
6:15-7:15 pm	BodyFlow®	Mari
6:45-7:45 pm	\$ Yoga for Back Care 2	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	Flow Yoga	Krista
9:45-10:45 am	\$ Hot Yin Yoga	Kelly
11:15-12:00 pm	Tai Chi for Health & Arthritis (Sun form)	Joan
12:00-12:45 pm	\$ Hot Flow Yoga	Rachel
5:30-6:30 pm	\$ Hot Slow Flow Yoga	Jerri
Saturday		
7:00-8:00 am	\$ Hot Flow Yoga	Krista
7:45-8:45 am	Flow Yoga	Val
8:30-9:15 am	\$ Hot Pilates Sculpt	Rachel
9:00-10:15 am	Slow Flow Yoga	Patrick
9:30-10:45 am	\$ Hot Yin Yoga	Valerie
12:15-1:00 pm	Tai Chi Yang 24 Forms	Joan
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
12:00-1:00 pm	Yoga Foundations	Karen
3:00-4:15 pm	Slow Flow Yoga	Esther
4:00-5:00 pm	\$ Hot Flow Yoga	Jenny

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