

STUDIO TRANSITION CLASS SCHEDULE

MONDAY, JANUARY 3

CLOSED

TUESDAY, JANUARY 4

9:00 - 10:00 AM Equipment Class

5:30 - 6:30 PM Equipment Class

6:30 - 7:30 PM Mat Class

THURSDAY, JANUARY 6

9:00 - 10:00 AM Mat Class

4:30 - 5:30 PM Mat Class

SATURDAY, JANUARY 8

9:00 - 10:00 AM Mat Class

MONDAY, JANUARY 10

9:00 - 10:00 AM ***FREE*** Barre Class

10:00 - 11:00 AM ***FREE*** Yoga Class

6:00 - 7:00 PM ***FREE*** Barre Class

TUESDAY, JANUARY 11

9:00 - 10:00 AM ***FREE*** Barre Class

10:00 - 11:00 AM ***FREE*** Yoga Class

5:30 - 6:30 PM Equipment Class

6:00 - 7:00 PM ***FREE*** Barre Class

6:30 - 7:30 PM Mat Class

WEDNESDAY, JANUARY 12

9:00 - 10:00 AM ***FREE*** Barre Class

10:00 - 11:00 AM ***FREE*** Yoga Class

6:00 - 7:00 PM ***FREE*** Barre Class

THURSDAY, JANUARY 13

9:00 - 10:00 AM ***FREE*** Barre Class

10:00 - 11:00 AM ***FREE*** Yoga Class

6:00 - 7:00 PM ***FREE*** Barre Class

5:30 - 8:00 PM ***OPEN HOUSE PARTY!***
Come Join Us!

SATURDAY, JANUARY 15

NEW CLASS SCHEDULE BEGINS FOR 2011!

SIGN UP ONLINE TODAY!

Visit www.movementcenterpewaukee.com
for the most current and up-to-date schedule

PILATES & YOGA MEETS THE BARRE!

Barre classes are fluid athletic workouts specifically designed to strengthen and lengthen, without the bulk. The classes are fueled by upbeat music and efficiently flow through each muscle group creating endurance and stamina through strength training and increased flexibility through stretching. They are challenging, empowering, effective and fun. The movements are influenced by many modalities including classical ballet barre exercises, Pilates, yoga, and orthopedic exercises. The class is taught in a group setting, but offers personalized attention through verbal and hands on corrections.

Barre classes are primarily taught using the ballet barre as an effective tool to enhance muscle strengthening and lengthening. Classes are appropriate for all levels of experience and modifications and challenges are always offered.



PILATES
on the lake **IS NOW...**

MOVEMENT CENTER PEWAUKEE

Pilates • Yoga • Barre