

Power Plate Classes & Studio Floor Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 AM	Yoga on the Plate	Balance on the Plate	Yoga on the Plate	Balance on the Plate	Physique on the Plate		
7:30 AM						360 ot Plate Yoga	Yoga
8:00 AM		Yoga		Yoga	Strength		
9:00 AM	360 on the Plate	Balance on the Plate	360 on the Plate	Balance on the Plate	360 on the Plate	360 ot Plate Pilates	Balance on the Plate
10:30 AM						10:00 am Flow	Coaches Choice
11:00 AM		Mat Pilates		Mat Pilates	Flow		
11:15 AM			Coaches Choice		Coaches Choice	Balance on the Plate	
12:00 PM	Balance on the Plate	360 on the Plate	Mat Pilates	360 on the Plate	Mat Pilates		
4:30 PM	Physique on the Plate	Coaches Choice	Physique on the Plate	Coaches Choice	Balance on the Plate		
5:30 PM	Strength	Mat Pilates	Mat Pilates	Strength			
6:00 PM	Physique on the Plate	Cardio on the Plate		Cardio on the Plate			
6:30 PM		Flow	Strength	Flow			
7:30 PM			Yoga				



Business Hours

Monday-Thursday 6:00am - 7:30pm
 Friday 6:00am - 5:30pm
 Saturday 7:30am - 3:00pm
 Sunday 9:00am - 1:30pm

Class Policies

- 🕒 Please sign up at least 4 hours prior to class to insure availability
- 🕒 Please Cancel at least 4 hours prior to class to insure space availability

CLASS DESCRIPTIONS

YOGA ON THE PLATE - the essence of life and movement originates from within. This session focuses on breathing and movement to enhance holistic fitness from the inside out. The development of core strength, an increase in flexibility and relaxation are the benefits of this class.

CARDIO ON THE PLATE - cardio and strength come together in this class to get your heart pumping and body moving. This fun filled class will challenge your strength, endurance and coordination. You will leave feeling energized and much stronger.

360 ON THE PLATE - Variety is the spice of life! Come ready to enjoy that variety in a fun-filled exercise focused class designed to make you smile while taking good care of your body. The more you laugh, the more the lower abdominals contract!

BALANCE ON THE PLATE - Movement is life. Maintain your balance and improve your stability in this important class to develop inner balance, outer strength for maximum health.

PHYSIQUE ON THE PLATE - a fun dance workout on the Power Plates focused on isometric exercises and sculpting the entire body. Strength training, combined with cardiovascular training, the muscles are challenged but also lengthened and stretched with the fusing elements of Pilates and Yoga to give you that desired lean and toned look.

COACHES CHOICE - A fun class with endless possibilities. Get ready for a workout adventure, on or off the plate.

YOGA - The word Yoga comes from the Sanskrit word "Yuj" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual - body with mind and mind with soul - to achieve a happy, balanced and useful life. In our yoga classes we will utilize and explore different tools from yoga such as asana (posture), pranayama (breathing), mantras, mudras, meditations to bring that unity into one's life.

MAT PILATES - Pilates is an alternative form of exercise that simultaneously strengthens, stretches, and defines all muscle groups. It aligns the body while eliminating excess tension and strain on the joints. Pilates is a mind/body approach to exercise that increases one's awareness of good body mechanics and focuses on the connection of the mind, the breath and the body. It is the perfect workout promoting physical and mental well-being.

FLOW - A beautiful combination of Yoga, Tai Chi and Pilates. That will challenge your balance, strength and flexibility.

STRENGTH - Resistance training to create muscular balance, as muscular imbalance is one of the biggest causes of injuries. This class builds the strength for a balanced and fit body.