

Centered Studio

A mindful studio for everyone. A place to come to your senses- meditation, music, breathwork, infrared warmth and movement awaken body and mind to bring you to the present moment.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am		Sunrise Yoga <i>Christine</i>					
9:45am	Mindful Flow <i>Kat</i>		Surrender <i>Karissa</i>		Mindful Flow <i>Kat</i>		
10:45am		Stretch & Detox <i>Stacy</i>		Stretch & Detox <i>Stacy</i>			
11am	Athletic Stretch <i>Leslee</i>						Surrender <i>Karissa</i>
4:30pm			Power Yoga <i>Sara</i>				
5:00pm (30 Min)		Infra Core & More <i>Tracy</i>					
5:30pm	Athletic Stretch <i>Leslee</i>	Strength & Stretch <i>Keely</i>	Athletic Stretch <i>Leslee</i>	Roll & Restore <i>Kat</i>			
6:30pm		Power Yoga <i>Sara</i>					

Fall
Oct-Dec
10.1.22

Using an infrared room to work out or practice moves, means muscles warm up and relax more quickly, which allow the body to flex up to three times more fully. Using infrared heat technology allows a person to sweat out those fattening chemical toxins, promoting weight loss.

BENEFITS OF INFRARED

- Detoxification
- Burn Calories/Weight Loss
- Stress Relief/Better Sleep
- Relief from Joint Pain (such as Arthritis)
- Clear and Tighter Skin
- Improved Circulation

STUDIO ETIQUETTE

- Arrive early.
- Doors close as class starts.
- Plan to stay for the entire class.
- Leave your shoes outside the door.
- Turn cell phones off or silent.
- Bring water and a towel.
- Bring your own mat if you want.
- Avoid perfume or scented lotion.
- Let the instructor know about any physical issues and preferences.
- Clean up your area after class.
(wipe down mats, return equipment)

PRICING

You must be a Premier Plus or Premier member to sign-up for Centered classes.
Premier Plus is \$149 per month
for unlimited Specialty classes.

Premier is \$115 per month
for 2 reservations per week for Specialty classes.

Specialty classes include: Pilates Studio classes, Centered Infrared Yoga Studio classes, HIIT Studio classes and Functional Fitness classes.

Must be a Premier Plus or Premier member to sign up. Sign-ups are required and can be made online at myclubonline.com 7 days and 1 hour prior to class time. If you are unable to attend, please cancel online at least 2 hrs. prior to class time. If you fail to cancel, you may be subject to restrictions on future reservations or a non-cancellation fee.

CLASS DESCRIPTIONS

Athletic Stretch

In this extremely effective class, you will experience specific stretching techniques, myofascial rolling and breathing that will greatly improve flexibility, mobility, strength, and recovery. If you are looking to improve athletic performance or overall flexibility, then you will love this 30-minute class.

Infra Core & More

This class is an intense 30-minute express core and glute workout designed to improve balance and stability.

Mindful Flow

In this class you will be guided through fluid movements that allow you to work through any limitations. You will work through any blockages that do not allow you to move fluidly and harmoniously. Learning to let go and find your compassion and acceptance of yourself will allow for growth, both mentally and physically.

Power Yoga

From Ashtanga Yoga, emphasizes stamina, strength, flexibility, and balance through the flow of creative dynamic postures.

Recovery (Future Class)

Exclusively at SWAC. This class is designed to decrease pain, stress, and body imbalances. Experience a myofascial massage, essential oil, meditation, mindful music, and movement guaranteed to help improve everything life has to throw at you. Whether you are looking to better your athletic performance or faster recovery, then you must experience this class.

Roll & Restore

This class utilizes foam rollers and yoga blocks to facilitate spinal alignment, joint mobility, muscle relaxation, and myofascial release. Beneficial for every body type from athlete to couch potato!

Strength & Stretch

This class will focus on using body weight exercises along with core-initiated movements. Focus is strength and power. Following up with various lengthening and dynamic movements to improve overall mobility and flexibility.

Stretch & Detox

This class will decrease pain, stress, and body imbalances. Enjoy the benefits of Far Infrared detox and healing while stretching and relaxing.

Sunrise Yoga

Begin your day centered, clear, energized, and strong with our exclusive method of a combination of yoga, Pilates, sculpt and more for a well-balanced, mindful workout. Burn calories, detoxify, and feel like you can take on your day no matter what it brings.

Surrender

In this class you will be guided through a series of passive postures, mostly done on the floor. Poses are held for up to several minutes, allowing your fascia and joints to gradually compress or release. This class is suitable for all experience levels. You will also learn the importance of your breath to enhance flexibility and mobility.
