

# InfraBody 4 Studio

*InfraBody 4 infuses the 4 elements of life and wellbeing utilizing specialized infrared technology blended with unique classes and mindset unique to anything in Reno. You will experience a body transformation that is noticeable from better flexibility, strength, balance, decrease body fat and stress, plus skin tightening in a very short time. Detoxification is obtained through specialized infrared panels and movements, mindset, and myofascial release. The body relaxes and responds in a warm environment creating a positive change.*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:45am	InfraBody 4 Flow Kat		InfraBody 4 Surrender Karissa		InfraBody 4 Flow Kat	InfraBody 4 Surrender Karissa
10:45am		InfraBody 4 Stretch Stacy		InfraBody 4 Stretch Stacy		
11am	InfraBody 4 Restore Leslee		InfraBody 4 Restore Leslee		InfraBody 4 Stretch Sandi	InfraBody 4 Surrender Karissa
4:30pm		InfraBody 4 Core & More Tracy (45min)	InfraBody 4 Power Sculpt Sara	InfraBody 4 Core & More Tracy (45min)		
5:30pm	InfraBody 4 Restore Leslee	InfraBody 4 Strength Keely	InfraBody 4 Restore Leslee			
6:30pm		InfraBody 4 Power Sculpt Sara				

All Classes are 50min unless otherwise noted.

*Fire is the heat that is built in the body creating caloric expenditure, detoxification, and increasing mobility and stability in life.*

*Earth is grounding the body for both emotional and physical balance.*

*Water is the necessary hydration to keep the body supple and fluid, decreasing inflammation.*

*Air is the necessary breath that we take from the moment we are born to allow us to oxygenate every cell in the body with movement for life.*

Winter  
Jan-April  
2.1.23

## 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.

## 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)

## 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

**Must be a Premier Plus or Premier member to sign up. Sign-ups are required and can be made online at [myiclubonline.com](http://myiclubonline.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

(Listed in Alphabetic Order)

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## **InfraBody 4 Core & More**

*Intermediate*-This class is designed to strengthen the core in only 45 minutes utilizing the benefit of specific exercises and InfraBody 4 heat technology that will leave you with a sculpted core.

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## **InfraBody 4 Flow**

*All levels*-This class takes you through a mindful approach to gentle movements based on restorative yoga techniques that increase mobility and stability in the body, decrease stress, and leave you feeling relaxed and balanced with the benefit of InfraBody 4 heat technology.

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## **InfraBody 4 Power Sculpt**

*Advanced*-This class is designed for the warrior looking to push their body with strengthening and cardio exercises utilizing InfraBody 4 heat technology that will guarantee to make you sweat and burn calories. *(Not advised for those with injuries)*.

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## **InfraBody 4 Restore**

*All levels*-This class guides you through specific stretches using InfraBody 4 heat technology to lengthen your fascia combined with myo-fascial release utilizing the Rollga™ that will leave you feeling as though you experienced a deep tissue massage. Guaranteed to decrease any muscular tightness from training.

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## **InfraBody 4 Strength**

*All levels*-This class utilizes handheld weights and specific exercises that will strengthen the body with InfraBody 4 heat technology. You will leave feeling less stressed and well balanced.

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## **InfraBody 4 Stretch**

*All levels*-This class will take you through gentle stretches increasing flexibility and mobility. Even for those who prefer to utilize a chair rather than a mat will greatly benefit from InfraBody 4 heat technology.

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## **InfraBody 4 Surrender**

*All levels*- This class is for everyone looking to decrease stress through guided slow postures that are held specifically for release of tension both physically and emotionally. With InfraBody 4 heat technology, the body is more responsive and relaxed in a warm environment.

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