

# 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 Christine					
9:45am	Yoga Flows Molly		Mat Pilates Molly		Mindful Flow Kat	Sunrise Yoga Christine	
11am	Mat Pilates Leslee	Stretch & Detox Stacy		Stretch & Detox Stacy			Surrender Karissa
5:30pm	Athletic Stretch Leslee		Athletic Stretch Leslee	Roll & Restore Molly			
6:30pm		Power Yoga Sara	4.1.22				

*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 [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

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## **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.

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## **Mat Pilates**

This class heats up the classical mat Pilates and you will sweat, tone, and tighten your body while detoxifying in our specialized studio! Strengthen your core and improve flexibility through specific breathing techniques. Experience a workout with guaranteed results

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## **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.

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## **Power Yoga**

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

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## **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.

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## **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!

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## **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.

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## **Stretch & Detox**

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

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## **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.

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## **Yoga Flows**

If you are newer to yoga and infrared then this class is the perfect place to start your practice. You will experience a slow, flowing approach to yoga that allows you to embrace the pose and feel it in our body. This class emphasizes controlled poses that ease your body into better flexibility and mindfulness. You will find that your balance and strength will improve through this practice.

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