

INFRABODY 4 STUDIO Specialty Classes

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	SATURDAY	SUNDAY
6:30am					Core & More <i>Susanne</i>		
7:15am		Matt Pilates <i>Jill</i>					
8:15am	Functional Flow <i>Susanne</i>		Functional Flow <i>Susanne</i>				
9:45am	Flow 1 <i>Kat</i>		Surrender <i>Karissa</i>		Flow 2 <i>Kat</i>	Restore <i>Cheyenne</i>	Surrender <i>Karissa</i>
10:45am		Stretch <i>Stacy</i>		Stretch <i>Stacy</i>			
11am	Restore <i>Leslee</i>		Restore <i>Leslee</i>		Freedom Flexibility <i>Sandi</i>		Surrender <i>Karissa</i>
4:30pm	Mens Flexability <i>Leslee</i>	Core & More <i>Tracy</i>		Core & More <i>Tracy</i>			
5:30pm	Restore <i>Leslee</i>						
6:30pm		Power Yoga <i>Sara</i>					

Fall Oct-Dec
10.1.23

InfraBody 4 Studio Director: Leslie Bender
All classes are 45-50 minutes.

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.

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.

PRICING

You must be a Premier Plus or Premier member to sign-up for Specialty classes.
Premier Plus is \$155 per month for unlimited Specialty classes.
Premier is \$120 per month for 2 reservations per week for Specialty classes.

Specialty classes include: Pilates Studio classes, InfraBody 4 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
- Reduce Inflammation
- Burn 300-600 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 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 Alphabetical Order)

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.

Flow 1

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.

Flow 2

Intermediate- A yoga class for intermediate levels. Includes a quick, seamless, powerful vinyasa flow while benefiting from InfraBody 4 heat.

Freedom Flexibility

All levels-This class allows you to work on your own personal flexibility goals with the assistance of a personal trainer. You will dramatically improve mobility and decrease pain in this class. Discover how much better you will feel from the benefits of infrared and flexibility training in only 50 minutes.

Functional Flow

All levels-Functional movements for daily living, balance, and coordination with all the benefits of InfraBody 4 heat technology.

Mat Pilates

All levels-A "core" training program following the philosophies of Joseph Pilates and his principals of "Contrology". A combination of both standing and mat work designed to strengthen the body from the inside out. For all fitness levels.

Men's Flexibility

All levels- This class is specifically designed for the guy who is looking to improve flexibility, mobility, and decrease pain. The exercises are combined with rolling techniques and infrared that will dramatically improve all sports from golf to biking guaranteed. Flexibility is the hidden link that is necessary for all workouts.

Power Yoga

Int- Adv- This is a fast-paced style of yoga that is focused on building strength and endurance. It is also an excellent form of yoga for burning calories.

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.

Stretch

All levels-Take time away from your hectic or busy day and allow your body and mind to become more present with yourself. This class takes you through a series of powerful stretches while increasing flexibility, blood flow, and decreasing stress with the benefit of InfraBody 4 heat.

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.
