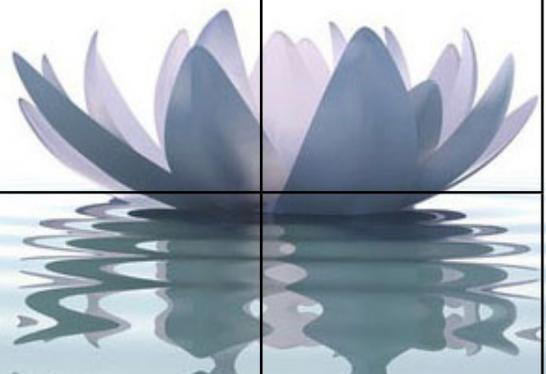


yoga and group ex schedule

monday	tuesday	wednesday	thursday	friday	saturday	sunday
8:00 - 9:00a Cardio Sculpt (no heat) Grace	8:00 - 9:00a Cardio Sculpt (no heat) Mary Dare	8:00 - 9:00a Foundation Training (no heat) Shane	8:00 - 9:00a Pilates (no heat) Jen	8:00 - 9:00a Cardio Sculpt (no heat) Julianna		
9:15 - 10:15a Heated Vinyasa Claire	9:15 - 10:15a Heated Vinyasa Suzanne	9:15 - 10:15a Heated Vinyasa Jaimi	9:15 - 10:15a Heated Vinyasa Jen	9:15 - 10:15a Heated Vinyasa Jen	9:15 - 10:15a Heated Vinyasa Jaimi	
10:30 - 11:30a Yoga Basics (no heat) Claire	10:30 - 11:30a Yoga Fusion (no heat) Claire	10:30 - 11:30a Yoga Fusion (no heat) Claire	10:30 - 11:30a Yoga Fusion (no heat) Claire	10:30 - 11:30a Yoga Fusion (no heat) Claire	10:45a - 11:45a Slow Flow (no heat) Mindy	11:00a - 12:00p Deep Stretch (no heat) Vivian
12:00 - 1:00p Heated Deep Stretch Suzanne	12:00 - 1:00p Pilates (no heat) Jen	12:00 - 1:00p Cardio Sculpt (no heat) Grace	12:00 - 1:00p Heated Vinyasa Jaimi	12:00 - 12:45p Cardio Sculpt (no heat) Mary Dare	12:30 - 1:30p Yoga Basics (no heat) Dia	12:30 - 1:30p Yoga Basics (no heat) Dia
					2:00 - 3:00p Foundation Training (no heat) Shane	
4:45 - 5:45p Heated Slow Flow Dawn	4:45 - 5:45p Heated Slow Flow Dia	4:45 - 5:45p Heated Slow Flow Dawn	4:45 - 5:45p Heated Slow Flow Dia	4:30 - 5:30p Slow Flow (no heat) Vivian		
	6:00 - 7:00p Heated Vinyasa Jaimi					



Center for Personalized Healthcare & Wellness

PRICING

Drop in class

\$15

10 class pass

\$99

Unlimited

\$75/month (auto-draft)

\$420 (6 months)

\$780 (12 months)

Thrive Center for Personalized
Healthcare and Wellness
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Charlotte, NC 28211

p. (704) 390-7150

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e. info@thrivecarolinas.com

Book
classes online
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the Thrive app!

CLASS DESCRIPTIONS

Cardio Sculpt (no heat): Cardio Sculpt uses light weights and cardio to sweat your way to a lean body and a strong heart. This class combines plyometrics, calisthenics, drills and cardio, all designed to increase your caloric burn and strength. Weights, mats, bands and other equipment are provided. *All levels. Please bring athletic shoes.*

Foundation Training (no heat): Foundation Training is a new approach to physical, structural, and neurological health. It is a simple proven method using the principles of ideal human biomechanics to correct postural imbalances and relieve back and joint pain in minutes a day at any age or fitness level. *All levels.*

***Heated Deep Stretch:** Deep Stretch consists of primarily floor postures, held for 3-5 minutes. Postures are gentle and supported by props. This practice helps increase circulation in the joints and improve flexibility. This class is also available without heat. *All levels.*

***Heated Slow Flow:** Slow Flow is the perfect complement to any athlete's training program, as well as those looking to improve flexibility. The class includes slow, mindful transitions and incorporates elements of our Deep Stretch. This class is also available without heat. *All levels.*

***Heated Vinyasa Flow:** Heated Vinyasa builds strength, flexibility and concentration while moving the body and working up a sweat. Poses are linked together using the breath to create heat in the body and stillness in the mind. Variations of poses are offered to accommodate both new and experienced students. *All levels.*

Pilates (no heat): Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

Yoga Basics (no heat): Our basics class introduces postures and breathing techniques. Step by step instructions and modifications are given for all abilities. Instructors guide you on how to use props; hands-on assists are offered to ensure proper alignment and safety. *All levels.*

Yoga Fusion (no heat): Yoga Fusion combines vinyasa flow with strength training to increase cardiovascular health while strengthening and toning muscles. This class incorporates weights, bands, gliders and your own body weight to create optimal results. This challenging class will leave you feeling strong, invigorated, and centered. *All levels.*

** Thrive yoga studio is heated with infrared heat. You can expect the room to be a warm, manageable temperature, different than rooms heated with forced air.*