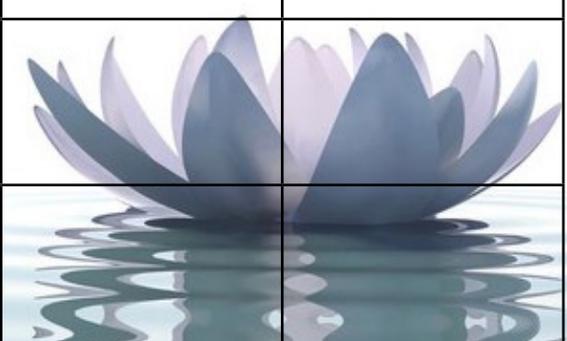


# yoga and group ex schedule

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>BEGINS 9/9</b> 6:45 - 7:30a <b>Cardio Sculpt</b> Mary Dare	<b>BEGINS 9/10</b> 6:45 - 7:30a <b>Heated Vinyasa</b> Lee Anne		<b>BEGINS 9/12</b> 6:45 - 7:30a <b>Cardio Sculpt</b> Julianna	<b>BEGINS 9/13</b> 6:45 - 7:30a <b>Heated Vinyasa</b> Vivian		
8:00 - 9:00a <b>Cardio Sculpt</b> Grace	8:00 - 9:00a <b>Cardio Sculpt</b> Mary Dare	8:00 - 9:00a <b>Foundation Training</b> Shane	8:00 - 9:00a <b>Pilates</b> Jen	8:00 - 9:00a <b>Cardio Sculpt</b> Julianna		
9:15 - 10:15a <b>Heated Vinyasa</b> Claire	9:15 - 10:15a <b>Heated Vinyasa</b> Suzanne	9:15 - 10:15a <b>Heated Vinyasa</b> Jaimi	9:15 - 10:15a <b>Heated Vinyasa</b> Jen	9:15 - 10:15a <b>Heated Vinyasa</b> Jen	9:15 - 10:15a <b>Heated Vinyasa</b> Jaimi	
10:30 - 11:30a <b>Yoga Basics</b> Claire	10:30 - 11:30a <b>Yoga Fusion</b> Claire	10:30 - 11:30a <b>Yoga Fusion</b> Claire	10:30 - 11:30a <b>Yoga Fusion</b> Claire	10:30 - 11:30a <b>Yoga Fusion</b> Claire	10:45a - 11:45a <b>Slow Flow</b> Mindy	11:00a - 12:00p <b>Deep Stretch</b> Vivian
12:00 - 1:00p <b>Heated Deep Stretch</b> Suzanne	12:00 - 1:00p <b>Pilates</b> Jen	12:00 - 12:45p <b>Cardio Sculpt</b> Grace	12:00 - 1:00p <b>Heated Vinyasa</b> Jaimi	12:00 - 12:45p <b>Cardio Sculpt</b> Mary Dare	12:30 - 1:30p <b>Yoga Basics</b> Dia	12:30 - 1:30p <b>Yoga Basics</b> Dia
					2:00 - 3:00p <b>Foundation Training</b> Shane	1:45 - 2:15p <b>Meditation</b> Isabel
4:45 - 5:45p <b>Heated Slow Flow</b> Dawn	4:45 - 5:45p <b>Heated Slow Flow</b> Angie	4:45 - 5:45p <b>Heated Slow Flow</b> Dawn	4:45 - 5:45p <b>Heated Slow Flow</b> Dia	4:30 - 5:30p <b>Slow Flow</b> Vivian		
	6:00 - 7:00p <b>Heated Vinyasa</b> 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

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e. [info@thrivecarolinas.com](mailto:info@thrivecarolinas.com)

Book  
classes online  
by downloading  
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.*

**Meditation:** Numerous studies have shown meditation reduces symptoms of anxiety, depression and stress equivalent to prescription medications. Join us for a simple thirty minute guided meditation designed to help ease your mind and get you get ready for the week ahead.

**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 that rooms heated with forced air.

