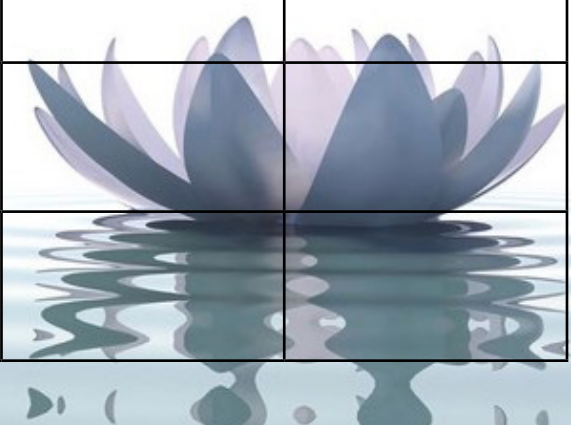


yoga and group ex schedule 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 - 7:30a Cardio Sculpt Mary Dare	6:45 - 7:30a Boot Camp/Athletic Conditioning Arthur		6:45 - 7:30a Cardio Sculpt Julianna	6:45 - 7:30a Heated Vinyasa Vivian		
8:00 - 9:00a Skilled Body Sculpt Grace	8:00 - 8:45a Cardio Sculpt Mary Dare	8:00 - 9:00a Foundation Training Shane	8:00 - 9:00a Mat Pilates Jenn	8:00 - 8:45a Cardio Sculpt 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 Jenn	9:15 - 10:15a Heated Vinyasa Jenn	9:15 - 10:15a Heated Vinyasa Jaimi	
10:30 - 11:30a Yoga Basics Claire	10:30 - 11:30a Yoga Fusion Claire	10:30 - 11:30a Yoga Fusion Claire	10:30 - 11:30a Yoga Fusion Claire	10:30 - 11:30a Yoga Fusion Claire	10:45a - 11:45a Slow Flow Mindy	11:00a - 12:00p Slow Flow Mindy
12:00 - 1:00p Heated Deep Stretch Suzanne	12:00 - 1:00p Mat Pilates Jenn	12:00 - 1:00p Skilled Body Sculpt Grace	12:00 - 1:00p Heated Vinyasa Jaimi	12:00 - 12:45p Cardio Sculpt Mary Dare	12:30 - 1:30p Yoga Basics Dia	12:30 - 1:30p Yoga Basics Dia
					2:00 - 3:00p Foundation Training Shane	1:45 - 2:15p Meditation Isabel
4:00 - 5:00p Heated Slow Flow Dawn	4:00 - 5:00p Heated Vinyasa Angie	4:00 - 5:00p Heated Slow Flow Dawn	4:00 - 5:00p Heated Slow Flow Dia	4:00 - 5:00p Slow Flow Vivian		
	5:10 - 5:50p Boot Camp/Athletic Conditioning Arthur		5:30 - 6:10p Boot Camp/Athletic Conditioning Arthur			
	6:00 - 7:00p Heated Vinyasa Jaimi					





Center for Personalized Healthcare & Wellness

PRICING

New Student Special
5 classes for \$40 (expires 30 days)

Drop in class
\$15

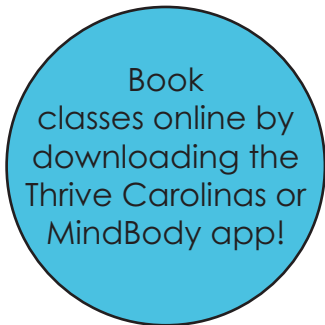
10 class pass
\$125 (expires 1 year)

Unlimited *
\$100/month (auto-draft)
\$450 (6 months)
\$800 (12 months)

*** Unlimited passes come with 15% off spa services and products.**

Thrive Center for Personalized
Healthcare and Wellness
6401 Morrison Blvd. Suite 2A
Charlotte, NC 28211

p. (704) 390-7150
w. www.thrivecarolinas.com
e. info@thrivecarolinas.com



CLASS DESCRIPTIONS

Cardio Sculpt (no heat): This class combines plyometrics, calisthenics, drills and cardio, all designed to increase your caloric burn and strength. Equipment is 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 improves flexibility. This class is also available without heat. *All levels.*

***Heated Slow Flow:** This 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 and flexibility while moving the body and working up a sweat. Variations of poses are offered to accommodate both new and experienced students. *All levels.*

Boot Camp/Athletic Conditioning w/ Arthur Pulley (no heat): Challenge your inner athlete by using a variety of traditional cardio, functional, and strength training tools. Participants will rotate through a variety of drills for a total body workout. Equipment is provided. *All levels. Please bring athletic shoes.*

Mat 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. *All levels.*

Meditation: Join us for a simple thirty minute guided meditation designed to help ease your mind and get you get ready for the week ahead.

Skilled Body Sculpt with Grace (no heat): This class targets smaller muscle groups responsible for stabilization of the core. Using a variety of exercises, students will work to tone and strengthen the glutes, abs, legs and back. *All levels. Please bring athletic shoes.*

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.

