



February 2019

<p>Sunday Kick Start Cardio @ 10:30-11:30 new class!! Pilates @ 11:30a-12:15p</p>	<p>Thursday Fit & Fabulous @ 9-10a Pilates @Lunch 11:45-12:30 Zumba @ 5-5:45p Kick Start Cardio @6-7p Yoga 7-8p New Class</p>
<p>Monday Fit & Fabulous level 2 @ 9-10a Gentle Yoga @10 –11a Cardio Combo @ 6:15-7:15pm Yoga @ 7:15-8:15p</p>	<p>Friday Fit & Fabulous level 2 @ 9-10a Gentle Yoga @ 10-11a</p>
<p>Tuesday Fit & Fabulous @ 9-10a Pilates at Lunch @ 11:45a-12:30p Barre Intensity @ 6-6:45p</p>	<p>Saturday Fitness Fusion @ 8:30-9:30a Barre Intensity @ 9:30-10:15a Yoga @ 10:30-11:30a</p>
<p>Wednesday Fit & Fabulous level 3 @ 9-10a (adds floor work) Pilates @ 10:15-11a EveryBODY Fitness@11:45am -12:30 Fit & Fabulous level 2 @ 5:30- 6:15pm Pilates @ 6:15pm-7:00pm</p>	<p>FIT TIP Our classes include work on all levels, focusing on mind and body connection using strength, balance and coordination. It is very important to work on balance. Balance improves with practice.</p>

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Class schedule changes and/or instructors will occur occasionally. The Waterford Fitness Studio reserves the right to cancel any group class due to ongoing low attendance, inability to secure a substitute due to illness or emergency or inclement weather conditions. We reserve the right to limit class size due to safety concerns. Those classes, if limited, will be regulated on a first come basis.

Class Descriptions

BARRE INTENSITY | Instructor Katelyn Pesola, Alexis Brendel, Julie Galvin

Classes focus on postural strength and alignment, along with a series of upper body exercises using light weights. Using the ballet barre, you will sculpt your lower body and abs, increasing your flexibility. This is followed by mat work focusing on the core.

CARDIO COMBO | Instructor Peter Durham, Julie Galvin, Katy Miller

This is a multi-functional fitness class that incorporates both weights and aerobic exercise. This class is a higher intensity, although we do encourage all levels of fitness. Bring water to class. Moderate to High Intensity

FIT & FABULOUS | Instructor Julie Galvin, Katy Miller

This class will increase strength, balance, improve bone density and flexibility, and quicken your reaction time. Class is designed in two segments using chairs, hand weights, bands, followed by a segment of movement to improve cardio. Welcoming to the beginner and excellent for the active adult.

FIT & FABULOUS level 2 | Instructor Julie Galvin, Katy Miller

This class will increase strength, balance, improve bone density and flexibility, and quicken your reaction time. We eliminate the chair taking this class up to a little higher level using hand weights, bands, followed by a segment of movement to improve cardio. This class does not go to the floor. Welcoming to the beginner and excellent for the active adult.

FIT & FABULOUS Level 3| instructor Julie Galvin, Katy Miller, Katelyn Pesola

This class same as 2, however adding floor work to the class. Mat will be needed.

FITNESS FUSION | Instructor Julie Galvin, Katy Miller, Peter Durham

Energizing total body, non-impact strength workout using weights, bands, and exercise ball. All levels of fitness welcome. Bring a mat and water to class.

KICK START CARDIO| Instructor Katelyn Pesola

A great workout for anyone interested in improving their fitness and stamina. This action-packed low-impact workout combines a series of punching and kicking combinations with weight strengthening exercises that will improve strength, muscle tone and endurance. You will have fun, reduce stress and get an awesome workout. All levels of fitness welcome!

EveryBODY FITNESS | Instructor Katy Miller, Julie Galvin

Welcoming anyone and everyone at any level of fitness to this fun non-impact total body 45 minute workout using a chair, weights, bands or drumming to improve cardio and muscular strength. This class does not go to the floor. A very supportive, non-intimidating class to improve self confidence in the exercise environment.

PILATES | Instructor Julie Galvin, Alexis Brendel, Katelyn Pesola

Learn the basic fundamentals of Pilates. You will learn how to use breath and awareness of core muscles with movement. Begin with basic exercises showing modifications with growth toward progressive movement. Performed primarily on the floor. Bring a mat and water.

GENTLE YOGA | Instructor Katelyn Pesola

Lean basic yoga poses, flows, and how to link breath to movement in this beginner class. This gentle class suitable for all levels and a perfect way to start your day.

YOGA | Instructor Melinda Curtis and Katelyn Pesola

This is a perfect way to end your hectic day. This gentle yoga class is geared for seniors, however all age groups are welcomed. The class will explore basic yoga postures with a special emphasis on stress reduction and breath control. This class is ideal for individuals new to yoga or seeking relief from stress.

ZUMBA | Instructor Melissa Bunting

This Latin inspired international dance fitness class is designed to boost your cardio, conditioning, balance, and flexibility. It's exercise in disguise and while you are at it, meet new friends!

If you are concerned about limitations or your ability to perform in the class, arrive a little early so you can discuss this with the instructor.