

BENSE Studios - Fall 2011 & Winter 2012

Group Classes (included in Membership)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-7:30am					Cardio Combo All Levels Jon 30 Min		
9-10am	Pilates Pure Mat 1 Mary Lu 55 Min	Yoga Tune Up All Levels Claire 55 Min	Zumba All Levels Claire 55 Min	Pilates Arc Barrel 2 Allison 55 Min	Pilates with Balls 2 Miranda 55 Min		
9:30-10:30am						Strength&Stretch All Levels Jon 55 Mins	
10:30-11:30am							Flow Yoga All Levels Laura 55 Min
10:45-11:15am						Cardio Combo All Levels Jon 30 Min	
11:30am-12:30pm							Pilates on The Edge 2 Mary Lu 55 Min
12:15-12:45pm		Pilates Abs & Arms 2 Claire 30 Min		Pilates Buns & Thighs 2 Melanie 30 Min			
4:30-5:30pm	Vertical Pilates 1 Mary Lu 55 Min		Core Challenge on the Roller All Levels Melanie	Vertical Pilates 2 Mary Lu 55 min			
5:30-6:30pm		Abs & Butt All Levels Jon 55 min		Pilates Pure Mat 1 Mary Lu 55 Min			
6:30-7:30pm	Pilates Pure Mat All Levels Claire 55 Mins		Full Body Sculpt All Levels Laura M. 55 min	Bosu Blast All Levels Jon 55 Mins			
7:30-8:30pm		Pilates Pure Mat 2 Mary Lu 55 Mins	Yoga for Relaxation All Levels Laura 55 Min			For more information: 709-722-6222	



GROUP CLASS DESCRIPTIONS

Pilates Buns and Thighs: Pilates based, intense sculpting for buns and thighs.

Pilates Pure mat: A starting place for all! Learn the basic principles of Pilates! Improve overall body mechanics, strengthen and realign. Emphasis on abdominal and back muscles leads to increased core strength and stability.

Cardio Combo: Cardio Patterns led by a trainer on the Cardio equipment. Capacity is limited to 6.

Vertical Pilates: Executing the floor matwork while standing on one or both legs transferring weight requires precise control of all muscles through balance and coordination. This is an extreme workout for core strength, balance and body mind integration.

Yin Yoga: Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice. Your yin practice is a time to observe, notice, without judgment, to follow the breath, to be passive.

Yoga Tune up: Relieve stress, unwind knots, and loosen locked muscles with these invaluable therapeutic series that provide targeted self-massage therapy, helping to penetrate through layers of skin, fascia and muscle and massage deeply into your high tension areas.

Pilates Abs & Arms: Intense Pilates based class utilizing props and matwork to sculpt abdominals and arms!

Zumba: An interval style class of Heart Pumping Latin Dance for Cardio and toning. Sweat, Sculpt & Dance! Sneakers or Training Shoes required.

Pilates Arc Barrel: A restorative Pilates class. The arc barrel helps to ensure proper alignment and posture while strengthening the essential 'core'. This class will help decompress, lengthen and mobilize the spine, at the same time as improving balance and increasing range of motion in the joints.

Bosu Blast: Strength training utilizing the Bosu, challenging core stability, balance and strength.

Core Challenge on the Roller: Using both the foam and inflatable roller, this class is a total body strength and stretch workout! The inflatable Core Challenge Roller combines the essential properties of stability balls and foam rollers. The size and shape optimize exercises that strengthen and tone the abs, obliques and core muscle groups while dramatically improving stability, balance and flexibility. The foam roller will also improve performance and joint mobility as well as reduce the risk of injury. The 'piece de resistance' is that each class will finish with gentle, massage rolling!

Pilates on the "Edge"™: Designed to dramatically increasing workout options, the dense foam triangle's increasing height helps develop strength and stability to the torso, arms and legs. Discover how this versatile tool can be used with seated, lying, kneeling and standing variations to take advantage of the foam triangle's increasing height. Use alone or in combination with other accessories including Toning Balls™, resistance bands or rings for additional resistance and increased intensity.

Pilates with Balls: Small weighted balls, big bouncy balls, mini stability balls. Broaden your Pilates horizons with this great all-round class, encompassing strength for core and stretch for muscle release. Get a new perspective on mat work with balls.

Flow Yoga: Invigorating, heat building flow class including sun salutations and standing poses to build strength and improve flexibility

Abs&Butt: Target your buns and belly using a combo of traditional and non-traditional exercises, with and without props to give you that tight little tummy and a booty you can bounce quarters off!

Strength&Stretch: Full Body Workout, followed by a long stretch component.

Yoga for Relaxation: a class for all levels highlighting mind-body connection; a focus on the breath; and guided, deep stretching and relaxation.

Full Body Sculpt: Weight training to sculpt all major muscle groups.

Yin & Yang Yoga: Push the boundaries of your body and mind with this unique combination of yang and yin yoga. Challenge yourself with the physical, strengthening demands of Power yoga and the mental discipline and deep stretching in the sustained postures of Yin yoga. This class has a balance of everything - beginners as well as advanced students benefit and are welcome