

FITWRIGHT Health & Movement

Located inside The Khoury Center (behind Dedham Plaza)

640 Washington Street, Dedham MA, 02026

781-251-0035

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9:30 am Pilates Mat 1 Jennifer	9:30 am Vinyasa Yoga Julie	9:30 am <u>Yoga Basics</u> Jennifer	9:30 am Strong and Stable Keith	9:30am <i>Yolates</i> Jennifer	8:30 am Buff Bride Bootcamp
					9:30 am FUNctional Pilates Jennifer
				10:30 am Pilates Mat 1 Jennifer	10:30 am <u>Yoga Basics</u> Jennifer
6:00 pm Ahead of the Curve Jennifer	6:00 pm Gentle Yoga (30 Minutes) Jennifer		6:30 pm <u>Gentle Yoga</u> Jennifer		<u>Sunday</u>
6:30 pm W.O.W! Women on Weights Jennifer	7:30 pm Vinyasa Flow <u>Yoga</u> Jennifer	6:30 pm Ahead of The Curve Julie	7:30 pm <i>ZUMBA</i> Jennifer		10:00 Bottom's Up Jennifer 10:30 The Upper Limits Jennifer
7:30 pm Vinyasa Flow <u>Yoga</u> Jennifer	8:30 pm Strong and Stable Jennifer	7:30 pm Power Yoga Julie	8:30 pm <i>Yolates</i> Jennifer		11:00 am The Goddess Workout Preregistration required 12 weeks \$175.00

*Classes will be revised upon volume and interest. Classes subject to change without notice.

CLASS DESCRIPTIONS

AHEAD OF THE CURVE - This class is a high energy circuit style class involving weights and cardiovascular components. The class is only **30 minutes**, but it feels like 60!

BASIC YOGA/Gentle Yoga ~ This class is well suited for the beginner. We take the basic poses and teach them in a flow connected to breath and energy. **55 minutes.**

BOTTOM's UP! - The high intensity workout for butt is like no other! Included are squats, balance drills, lunges and some hopping.....yes, you'll be able to walk in the morning...ha, ha, ha. **30 minutes.**

FUNctional Pilates - Don't be limited to just the mat. Get off you backside and start using stability balls, weights, foam rollers and single leg postures. We utilize a beginner style yoga warm up. **55 minutes.**

CORE WORKS! This class title says it all....we will utilize the abdominals (all of them), glutes and hamstrings for a full functioning and might I add an appealing mid section. **55 minutes.**

STRONG AND STABLE – This is it! If you only have time for one class in the week, make it this one! You will use everything from your pinky toes to your ear lobes! This class incorporates exercises using the stability balls. You can always modify the class to meet your needs. **45 minutes.**

THE UPPER LIMITS! - This will get your upper body ready for that holiday dress in no time! Take this class a few times a week and see the results! **30 minutes.**

POWER YOGA – Vinyasa yoga with a little bit more speed and heat. Again, all postures can be modified for a beginner to attain the same benefits of traditional yoga. **55 minutes.**

Vinyasa Flow—A class that has the connection between breath and movement, flexibility and grace. This class is a great adjunct to any yoga class.

W.O.W Women on Weights – This class is for anyone who has wanted to take a class where there were weights, but didn't know what to expect. This class gives the basics to you with more instruction and hands on training for your future strength goals. **30 minutes.**

YOLATES – A happy combination of basic yoga and pilates mat work. Elements of balance, posture and spinal alignment will be emphasized. **55 minutes.**

ZUMBA! - So you think you can dance? Watch out! This low impact salsa class will be a blast. We will incorporate salsa dance with some classic low impact moves for that Latin flavor! **55 minutes.**