

**venmo**

**Power Yoga Flow:** (60 min) Take a journey through class where you'll begin slowly, to wake your body and connect with your morning. You'll venture into flowing yoga poses with functional movement and begin to focus on your body, breath and muscles. Ending class, you'll transition to stretch your muscles, calm your mind, and reset your nervous system. Positive and upbeat, leave feeling inspired and motivated as your day begins to unfold!

**Yoga Flow:** (60 min) An all-levels class, allow yourself the opportunity to slow down, focus on movement and alignment, while connecting your mind, body and spirit. With gentle balancing and twisting, allow time to focus on you and your well-being. You'll end with calming poses to reset. Leave feeling centered and focused!

**Sweat & Sculpt/LIFT:** (60 min) Complement your cycling and yoga training with strength-training! A total-body workout using bodyweight, dumbbells, kettlebells, bands, jump ropes, and a variety of equipment, you'll target all muscle zones - including your heart and core. A great way to jumpstart your day!

**Classic Cycle:** (50 min) A high-intensity interval indoor cycling class designed to challenge riders of all fitness and experience levels. Class begins with a warm-up, followed by calorie burning work, and ends with a final push and finisher, leading right into a cool down and gentle stretch.

**Fusion Cycle/Blend** (60 min) An all-levels functional cycling class (30 min), plus off-bike total-body strengthening (30 min)! Designed to give you the best of both worlds, you'll rev up your heart rate on the bike and transition to sculpt your arms, legs and abs. All-encompassing!

**Core Cycle 360:** (60 min) Approximately 28 energetic minutes on your bike with a proper warm-up, followed by interval training to strengthen your legs and your mind. You'll transition into core work, where you'll target your core 360 degrees for approximately 20 minutes. We'll end with a gentle stretch of your muscles and a reset of your mind. Bliss!

**Yoga Cycle/Cycle Stretch:** (60 min) A unique blend of cycling to warm up your muscles, building strength and cardio endurance, followed by stretch or yoga w/ physical and mental practices. Created for all-levels, both styles of class will leave you feeling refreshed, strong, and ready to conquer the day!

**TRI:** (75 or 90 min) Get a 3-for-1! 28 minutes on your bike, followed by 25 minutes of core strengthening, finishing with 30 minutes of slow-flow yoga to stretch your muscles and calm your mind. Start with determination; end with satisfaction ... and let it spill over into your day and weekend!

**Step Training:** (60 min) It's back and brings you a great all-levels, total body, interval workout! Step Training combinations will boost your cardiovascular health, while increasing upper and lower body strength, balance, agility and bone health! Rounding out this complete-body training, we'll target core work 360, and finish with a complete stretch of all your muscles utilized. Bravo!

On behalf of the Yoga, Cycling, and Fitness Instructors at The Well ... Allie, Allison, Angela, Annette, Charis, Gracie, Heidi, Nicole and Shelly

### *We Believe*

*We believe each of us is on a unique journey and we are all a work in progress. We believe everyone who walks through our door deserves to be treated with respect and kindness, creating a welcoming community for all. We believe in the importance of providing you an opportunity to find your breath and move your body, allowing for time, space, and peace to reach your true potential. We believe gratitude should be a part of everyday practices and that letting go can bring an inner peace and an outer glow. We believe in strength and in supporting one another with compassion, when strength is hard to find. We believe in celebrating the ups, riding out the downs, and embracing the ordinary ... because ordinary can be downright amazing. But most of all, we believe in you and we thank you for allowing us to be a part of your very unique journey. Together is a wonderful place to be. Stay well.*