

CLASS DESCRIPTIONS

Power Yoga: Challenging vinyasa-inspired class that builds on basic yoga asanas but is ideal for all levels of experience (60 min)

Rockin' Hot Yoga: Rock out to pop music & work out in a heated (approx. 75°) yoga flow class; all levels welcome. Water required. (60 min)

Yoga/Pilates Intro: Build core strength, flexibility, and balance through a fusion of Pilates principles and Yoga postures (60 min)

Yoga Level 2: Vinyasa flow class focusing on connecting the mind & body through the breath. Previous yoga experience needed. (75 min)

Kids Yoga (ages 5-10): Take an imaginative journey with the use of poses, visualizations, & breath techniques. Promotes relaxation, resistance to stress, and overall well-being. (45 min)

Restorative Yoga: Soothing class that uses meditation bolsters, blankets, and props to cradle the body in positions that open us to healing mentally, physically, and spiritually. (90min)

Pilates Mat: All levels welcome in this traditional class that focuses on the basic Pilates principles of abdominal control, breathing, concentration, centering, precision, posture and basic body awareness while working on the mat. (55 min)

Pilates Reformer: (Advance sign-up required!*) Classical Pilates movements on the well-known apparatus as taught by Joseph Pilates himself. Focus is on development of strength and control throughout the core while maintaining fluidity of movement (55 min).

*New classes will be added as needed. Please offer any ideas or requests regarding your interests.

RATES

Classes are purchased using a virtual point card method. Each class is given a point value and will be deducted accordingly after each session. This allows you the flexibility to mix and match the classes that you take without having to purchase separate class cards for each. You can purchase any amount of points on your virtual card; however, all points expire six months from date of purchase.

Total points	Cost per point
☐ 1-19 points	\$12
☐ 20-49 points	\$11
☐ 50 or more points	\$10

~Point value per class or private session~

Group classes:

Kids' yoga = ½ point
 Pilates mat or Yoga mat = 1 point
 Pilates Equipment = 2 points

Semi-private:

Duet (2-person) session = 3 points (each)

Private:

Yoga one-on-one = 4 points
 Pilates one-on-one = 5 points



Wilmington Wellness Studio

250 Racine Drive, Suite 11
 Wilmington, NC 28403

*“Pilates and yoga for
 everybody and any body...”*

910.796.9690 ph 910.796.9691 fax
 pilatesforhealth@bellsouth.net

Full Master Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am			PowerYoga- Paula		Power Yoga- Paula		
8:30am		Pilates Reformer- Shannon	↓	Pilates Reformer- Shannon	↓		
9am			↓		↓		
9:30am	Pilates mat- Shannon	↓		↓			Rockin' Hot Yoga- Paula
10am	↓	↓		↓			↓
10:30am	↓	Pilates mat- Shannon		Pilates Mat- Shannon			↓
11am	Donation class- Teacher varies						
11:30am	↓	↓		↓			
12 noon	↓			↓			
12:30pm		Yoga/Pilates Intro-Paula		Yoga/Pilates Intro-Paula			
1pm		↓		↓			
1:30pm		↓		↓			
2pm							
2:30pm							
3pm							
3:30pm							
4pm			Kids Yoga- Emily		Kids Yoga- Emily		
4:30pm			↓		↓		
5pm			↓		↓		
5:30pm		Level 2 Yoga-Paula		Level 2 Yoga-Paula			
6pm	Restorative Yoga-Emily	↓	Pilates Reformer- Katie	↓	Pilates Reformer- Katie		
6:30pm	↓	↓	↓	↓	↓		
7pm	↓	Pilates Reformer- Katie	↓	Pilates Reformer- Shannon	↓		
7:30pm	↓	↓		↓			
8pm		↓		↓			