## Schedule Effective 3.1.2020

*Classes subject to change* please verify on MINDBODY via FIND A CLASS at Studiomix.com

### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Studio</th>
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<tbody>
<tr>
<td>6:15 AM</td>
<td>HIIT</td>
<td>Nina</td>
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<td>7:00 AM</td>
<td>TRX® Blitz</td>
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<tr>
<td>7:00 PM</td>
<td>Studio Pilates Mix</td>
<td>Kim</td>
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<tr>
<td>7:15 AM</td>
<td>Strength + Conditioning</td>
<td>Brian</td>
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<td>9:00 AM</td>
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<td>Restorative Yin Yoga</td>
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<td>Bootcamp 30</td>
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<tr>
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<td>2:00 PM</td>
<td>Restorative Yin Yoga</td>
<td>Caitlin</td>
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### Saturday

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<tr>
<td>8:15 AM</td>
<td>Vinyasa Flow</td>
<td>Rachel</td>
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<tr>
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<td>Cardio Step</td>
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<td>Total Body Training</td>
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<td>Studio Pilates Mix</td>
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_first class on us!

Local residents only please.

$30 drop in day passes available for out of town guests.

Speak up & share your suggestions to help shape our evolving schedule. We’re happy to add additional class options to the line up. Email ideas@studiomix.com

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PH - Performance Studio
CY - Cycle Studio
CO - Core Studio
SG - Strength Studio
PL - Pilates Studio
PW - Power Studio
CLASS DESCRIPTIONS

PERFORMANCE STUDIO

All Core
The strength of our limbs is limited by the strength of our core. Join a 30 minute All Core class for a solid foundation, not to mention a sculpted center!

Cardio Dance by 365 Fitness
You’ll be sweating like crazy in this 45-minute cardio dance party from NYC! W/ a focus on high-intensity rhythmic cardio, this class also features sprint intervals, sculpting, & a stretch cool down all set to a live DJ.

Cardio Step
This challenging, classic workout involves upbeat, rhythmic stepping on a raised platform. Similar to going up & down the stairs, these choreographed patterns will get your heart pumping.

HIIT
Build your endurance w/ high-intensity intervals in this metabolism boosting workout.

Hip Hop
Pairing progressive choreography w/ catchy hip hop music, this class is designed to keep you moving non-stop. Have a blast & challenge your coordination by building a dance routine step-by-step.

Total Body Training
Incorporate weight training & high reps to achieve definition, burn, & muscle fatigue.

ANY STUDIO

1-on-1 Coaching
All classes can be held in a 1-on-1 format w/ our expert coaches. If you need some personal attention to go pro or simply want to start w/ the basics before jumping into class, schedule a 1-on-1 session today. After all, everyone needs a coach.

Coach Office Hour
Take advantage of this free time w/ our head health coaches. Ask questions about classes, your fitness goals, or anything else on the top of your mind. We’re here to help.

CORE STUDIO

Athletic Pilates
Pilates for the athletic body, this class will teach you how to perform common fitness exercises w/ better alignment and control. Build core strength & stability with non-stop, beat-based movement. We’ll work to the music for a fun, full body challenge.

Barre Mix
A ballet-inspired core conditioning class for long lean muscles & strength down to your toes.

Foam Roll + Stretch
Loosen things up, treat day-to-day stiffness, help prevent injury, & rejuvenate in this therapeutic class designed to teach you a myriad of foam rolling & stretching techniques.

Honey Flow
A sweet yang/yin combination. Get your yoga flow & then melt into a rejuvenating restorative practice.

Power Yoga
A vigorous, fitness-based approach to Vinyasa yoga that emphasizes strength, flexibility, detoxification, balance, & stamina. Each class consists of challenging sequences of athletic movements performed w/ focus & intention.

Primal Yoga
Primal Yoga is a strong, creative, playful Power Vinyasa Yoga inspired class. A full body workout designed to dramatically increase your functional fitness!

Restorative Yin Yoga
Blend restorative, gentle yoga w/ breathwork & meditation to bring the body into balance & reduce stress.

Vinyasa Flow
A dynamic practice of linking mindful breath w/ movement. This well-rounded yoga class intelligently sequences standing poses, seated poses, balances, core work, inversions, twists, backbends, hip-openers, & forward bends, culminating into meditation & relaxation.

PILATES STUDIO

Studio Pilates Mix
Learn the basic foundations of equipment work in the Pilates Studio. Our classically trained instructors will guide you through a focused workout to challenge your core & increase body awareness.

Studio Pilates Plus
The next step for your Pilates practice, this intense workout incorporates intermediate to advanced exercises on various equipment in the Pilates Studio. We recommend you start with Studio Pilates Mix, Athletic Pilates, or private sessions before attending this class.

CLINIC STUDIO

Aerial Conditioning
Aerial Conditioning utilizes the aerial silk, a suspension training tool that was originally created for Cirque du Soleil & has since been incorporated into the circus arts & aerial fitness. It requires courage & strength to master drops, slides, & rolls in the air. This 60 minute small group session is excellent for those looking to learn fundamental aerial skills, become strong, & increase overall flexibility. Work w/ a professional to become comfortable on the silks & conquer your fear of heights!

Open Climb
Our Open Climb sessions, designed as a fun & casual opportunity to practice & meet fellow climbers. Get in there, climb once, twice, ten minutes, or the entire hour. It’s your choice. Belay assistance is provided for the duration of the session.

Rock Climb 101
A must for first time climbers at Studiomix & highly recommended for those who want to take their climbing from an experience to a practice. Learn proper belay technique & appropriate climbing knots. An entirely instructional course, this class will leave you feeling confident, excited, challenged, & ready to climb.

POWER STUDIO

Boxing
Stick. Jab. Move. Repeat. Learn a little one-two in this traditional boxer’s workout.

Intermediate Boxing
Jab. Cross. Hook. Uppercut. If you are comfortable w/ these punches, have basic footwork, & can hold mitts, jump into Intermediate Boxing & take your skills to the next level.

MMA Conditioning
Our Mixed Martial Arts class combines the most effective techniques from multiple disciplines w/ an emphasis on endurance & stamina.

Muay Thai Kickboxing
W/ techniques including kicks, punches, & the extensive use of knees & elbows, Muay Thai is often referred to as the science of 8 limbs. This Thai inspired kickbox & self defense class is sure to be a challenge for all.

Pull
Learn to do pull-ups! Strengthen muscles of your upper body & back while improving your grip strength in this gravity defying workout.

TRX® Blitz
45 minutes of TRX Suspension Training®, this intermediate level, dynamic class builds strength, flexibility, & endurance while activating your core.

TRX® Bodyweight Burn
You are the weight. Learn to leverage it on the TRX®.

TRX® Primal Flow
This challenging, evolving, playful class blends training on the TRX® suspension straps w/ traditional Power Vinyasa Yoga to improve strength, flexibility, balance & more.

CYCLE STUDIO

Express Cycle
45 minute high intensity studio cycle class to get your heart rate going w/ sprint intervals & challenging climbs. A quick ride for those w/ places to go.

Studio Cycle
Sweat it out w/ a challenging ride to motivating music. We’ll mix it up & class will fly by.

CORE STUDIO

FCB Pilates
Learn the basic foundations of equipment work in the Pilates Studio. Our classically trained instructors will guide you through a focused workout to challenge your core & increase body awareness.

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STRENGTH STUDIO

Aerial Conditioning
Aerial Conditioning utilizes the aerial silk, a suspension training tool that was originally created for Cirque du Soleil & has since been incorporated into the circus arts & aerial fitness. It requires courage & strength to master drops, slides, & rolls in the air. This 60 minute small group session is excellent for those looking to learn fundamental aerial skills, become strong, & increase overall flexibility. Work w/ a professional to become comfortable on the silks & conquer your fear of heights!

Build
Establish a strong foundation & build on it. Develop muscle mass or muscle tone during this focused, 60 minute weight training session.

Cross Mix
30 minutes of intense weight training & conditioning in our Strength Studio. Get in & get it done.

Strength & Conditioning
Use the most effective methods of barbell, dumbbell, & body weight training to build strength & muscle while burning fat. Expect to lift heavy.

1-on-1 Coaching
All classes can be held in a 1-on-1 format w/ our expert coaches. If you need some personal attention to go pro or simply want to start w/ the basics before jumping into class, schedule a 1-on-1 session today. After all, everyone needs a coach.

Coach Office Hour
Take advantage of this free time w/ our head health coaches. Ask questions about classes, your fitness goals, or anything else on the top of your mind. We’re here to help.

Visit STUDIOMIX.COM for the latest schedule & studio information.