



presents...

The Fitness Room

Take it personally...Make it personal.
Create your own **weekly workout!**

January and February Class Schedule

Monday	5:30-6:45	Balletone + *Pilates	Elaina
Tuesday	5:00-6:00	Balletone + *Pilates	Miranda
Tuesday	6:00-7:00	*Yoga	Lisa
Wednesday	5:30-6:30	Zumba	Kelli
Thursday	6:00-7:00	Cardio Hip Hop	Sarah & Joi

*Pilates classes include mat and reformer training
Please bring your own mats for Pilates and Yoga classes.

Prices:

The Best Value – Fitness Membership

- Unlimited Classes \$125.00 / month
- Unlimited Classes \$99 / month (with 2-month membership)

Class Card Options

- Single Class \$12.00
- 5 Class Card \$50.00
- 10 Class Card \$90.00
- 20 Class Card \$150.00

Class Card prices are valid for HYPE Dance Studio's Fitness Program only. Not valid for additional dance classes in schedule, or separate Pilates classes at Studio M.

**College Student
Discount!**

TAKE 30% OFF!

with Valid College ID

Balletone®

The Dancer's Workout for everyBODY!  ...with Miranda and Elaina

Balletone® is a unique blend of conditioning, ballet, yoga, and Pilates. The class offers yoga postures and Pilates exercise that can be fused with fitness strength, balance and flexibility exercises. Using fitness as the foundation of training, you will learn a progressive series of exercises and yoga postures that focus on core and stabilizing techniques to develop a new fusion based class. It integrates mind-body awareness that involves breathing techniques, biomechanics of movement, exercise execution and mindfulness. Both Miranda and Elaina are certified Balletone Instructors. Miranda is the owner of Studio M, Pilates Instruction.

ZUMBA®

FITNESS ...with Kelli

ZUMBA FITNESS®. MOVING THE WORLD TO A NEW BEAT.

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Ditch the workout and join the party!

YOGA

...with Lisa

Lisa is a Registered Yoga Teacher (RYT) at the 200-hour level. She obtained her certification through the Northern California Yoga Institute (NCYI) and is continuing her studies to become a Certified Integrative Dynamic Yoga Instructor, an extensive certification process. Lisa's teaching style integrates the key aspects of the various styles of yoga that she has practiced over the years, including Bikram, Tri-Yoga, Anusara, Vinyasa Yoga, and Ashtanga Yoga. With each class it is Lisa's intention to "*serve-guide-inspire*"...To *serve* students by being fully present and engaged, to *guide* students in experiencing the full potential of each posture, and *inspire* them to express their greatness.