



Y-PERFORM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
5.30-6.30 Studio Ignite Jill		5.30-6.30 Studio Ignite Lacey			9.00-10.00 Studio Ignite Tony
					10.00-10.45 Studio Restore James
	12.00-1.00 Studio Optimize Erin		12.00-1.00 Studio Optimize Kristen		
5.30-6.30 Studio Ignite Lacey	5.30-6.15 Studio Restore Kelly	5.30-6.30 Studio Optimize Lacey/Tony			

Studio Ignite			
<p>Studio Ignite workouts are fast paced HIIT sessions that combine self-powered cardio interval with innovative functional movement not only do we focus different areas of the body every day but every week we switch up the workout structure. Better yet every workout begins with movement prep and ends with restoration exercises to help you perform your best during your workouts and recover faster after. Join us for Studio Ignite for the ultimate HIIT session. .</p>			
Intensity			
Cardio			
Weight loss			

Studio Optimize			
<p>Unlock your body's potential and start to get the most out of life with Studio Optimize. Whether you are going to retain functionality throughout your life, regain confidence after an injury or just starting to exercise safely and regularly, this program offers community and movements that develops functional strength, cardio vascular endurance and confidence. This program reprograms your body by optimizing motion so you can look and feel your best now and far into the future.</p>			
Intensity			
Cardio			
Weight loss			

Studio Restore			
<p>Physical emotional and work stressors all take a toll on our body. Give yourself a 45-minute gift of recovery that will help you restore and nourish your body. We use modalities such as trigger-point self-massage, stretching, dynamic integration movements and relaxation techniques to help you get the most out of your session. This program is for everyone: from athletes after a hard workout to young professionals, active older adults, and students. Studio Restore helps you take care of your body so you can train for the long haul. now and far into the future.</p>			
Intensity			
Cardio			
Weight loss			