



Studio 91

AT MORGAN RUN

Class Schedule

Monday

6:15 am - 7:00 am

8:00 am - 9:00 am
9:00 am - 10:00 am
6:00 pm - 7:00 pm

SPIN w/ Vince

Vinyasa Core Yoga w/ Lynn
Mat Pilates w/ Lynn
Golf Fitness w/ Jeremy

Tuesday

8:00 am - 9:00 am
9:00 am - 10:00 am
10:00 am - 10:30 am
5:00 pm - 6:00 pm

Light Yoga w/ Ani
Total Body Workout w/ Ani
Stretch w/ Ani
Hot Fusion Yoga w/ Sommer

Wednesday

8:00 am - 9:00 am
9:00 am - 10:00 am
5:00 pm - 6:00 pm

Yin Yoga w/ Lynn
Pilates w/ Lynn
SPIN w/ Tamilee

Thursday

8:00 am - 9:00 am
9:00 am - 10:00 am
10:00 am - 10:30 am
5:00 pm - 6:00 pm
6:00 pm - 7:00 pm

Light Yoga w/ Rose
Cardio Sculpt w/ Ani
Stretch w/ Ani
Hatha Yoga w/ Ani
Golf Fitness w/ Jeremy

Friday

9:00 am—10:00 am
10:00 am—11:00am

SPIN & Sculpt w/ Tamilee
Yoga Sport w/ Sommer

Saturday

8:00 am - 9:00 am
9:15 am - 10:15 am
10:15 am - 11:15 am
11:15 am - 12:00 pm

SPIN w/ Vince
Hatha Yoga w/ Ani
Mat Pilates w/ Ani
ZUMBA w/ Ani

Sunday

10:45 am - 11:45 am

Yin Yoga w/ Lynn

NEW ZUMBA Fitness is one of the hottest new fitness crazes

around. Zumba is a fusion of international and Latin music that creates a fun, yet effective workout. Learn a combination of dance steps such as merengue, reggaetone, salsa and cha cha while toning your body from head to toe. If you want to add some spice to your workout, this is the class for you!

Free Your Mind. **Move Your Body.** Elevate your Spirit. Enjoy the Journey Within.

Pilates Reformer Special:

Buy 10 Sessions Get A 30 Minute Sonya Dakar Fitness Facial

The Pilates program at Morgan Run is a great way to add something new to your existing workout routine, improve your golf or tennis game or to simply start exercising. We welcome you into a space where you feel comfortable, motivated and inspired to unite your mind, body and spirit through movement. We hope your experiences at Morgan Run will allow you to find a space inside yourself where you can truly be ... **AT HOME.**

Offer Valid until March 2010

Studio 91 Class Descriptions

Hot Yoga Fusion: A beautiful expression of traditional Hot Yoga asanas (postures) fused with flowing Vinyasa movement in a candlelit environment heated to 85 degrees. The series combines the physiological benefits of Hot Yoga, which systematically strengthening and detoxifying the entire body, with Vinyasa, which focuses on mindfully linking breath to movement. Enjoy inspiring and uplifting music as you retreat deep into the body and ignite the senses during this revolutionary class.*

Zumba: Zumba Fitness is one of the hottest new fitness crazes out there. Zumba is a fusion of international & Latin music, creating a fun yet effective workout. Learn a combination of dance steps, such as Merengue, Reggaeton, Salsa, and cha cha while toning your body. If you want to add some spice to your exercise routine, then this is the class for you!

Light Yoga: Geared towards beginners, but appropriate for all levels of yoga practitioners. Light Yoga provides an introduction to the physical and mental benefits of yoga. This class aims to promote a sense of well-being, while encouraging a wider range of flexibility.

Total Body Workout: A complete workout designed for anyone needing a low-impact routine. Designed work and sculpt the muscles using a variety of equipment, to include: free weights, medicine balls, resistance bands and pilates rings. Focus is on balance and core strength.*

Hatha Yoga: Hatha yoga uses static asanas (postures) and stretches in union with the breath to develop flexibility and promote relaxation. This class encourages proper alignment of the body, delivering balance, strength and calmness to the practitioner.

Stretch: A practice combining both Pilates and Yoga stretches. This class focuses on improving total body flexibility.

Mat Pilates: Mat Pilates is a body conditioning routine that builds flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates also increases circulation and helps to sculpt the body while lengthening and strengthening the body's "core" or "powerhouse" (torso). You will have better posture, be less prone to injury, and experience better overall health.

Vinyasa Core Yoga: This is a core-based Vinyasa flow yoga, blended with Pilates core work. This class is guaranteed to leave you lengthened, strengthened, relaxed and calm. Perfect for yogis who want to ease into a Pilates practice, and for Pilates students who would like incorporate yoga into their practice!

Yin Yoga: Yin Yoga is a gentle, yet intense and powerful practice of static asanas (postures) to increase flexibility in the deep, dense connective tissues of the body--the tendons, ligaments, joints and cartilage--which are difficult to open because they are inelastic. Poses are held for 5 minutes, as yin tissue (connective tissue) responds to static long holds, whereas yang tissue (muscles), responds to movement. Yin Yoga targets the hips, lower spine, knees joints, ankle joints, and hamstrings.

Spin Class: This class is a cardio workout on Spin Bikes. This class combines cycling at various intensities; inclines, flats, jumps, sprints and, of course, recovery. Regardless of your current state-of-fitness, you will be able to get the workout appropriate for your fitness level. You have full control of your bike and can choose to work as hard as the advanced student, or at the beginner level-- no participant is left behind! *Please arrive 5 minutes before class to set up your bike and grab a towel. Athletic apparel is recommended.**

Sculpt & Spin: Want to get a full body workout while you spin? No problem! This class offers both cardio and muscle conditioning while you spin. The combination of alternating cycling with upper body muscle conditioning is a complete workout. All fitness levels are welcome. Newcomers to Spin are encouraged to start with this class to prepare for the full 1 hour "Spin Class". *Please arrive 5 minutes before class to set up your bike, towel and hand-weights. Athletic apparel is recommended.**

Golf Fit: Designed for the development of joint stability, increased range of motion and strength development. This class utilizes medicine balls and equipment to help improve your golf game. Great class for golfers and anyone else looking for a great workout.

Yoga Sport: Yoga Sport is a Vinyasa-inspired sculpt class incorporating the use of free weights, calisthenics and plyometrics. This powerful practice will push your strength and flexibility to new levels.*

**You are encouraged to bring a water bottle, as it is very important to stay hydrated during this workout.*