

THE SPACE MARKET & STUDIO

In the Arizona Lofts: L/W #7 Two Doors Down from the Soccer Field

MARCH SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30PM - 5:00PM LOTUS FLOW Jocelyn/ Kathleen	6:00AM - 7:00AM MUAY THAI KICKBOXING & CONDITIONING Elisha/Adam	6:00AM - 7:00AM MUAY THAI KICKBOXING & CONDITIONING Elisha/Adam	6:00AM - 7:00AM MUAY THAI KICKBOXING & CONDITIONING Elisha/Adam	6:00AM - 7:00AM MUAY THAI KICKBOXING & CONDITIONING Elisha/Adam		9:30AM-10:30AM INTENSE PHYSICAL CHALLENGE Elisha
	12:00PM-1:00PM INTENSE PHYSICAL CHALLENGE Elisha	12:00PM-1:00PM CORE BLAST Kathleen	12:00PM-1:00PM TAI CHI Chris			
	8:00PM-9:00PM TRX CONDITIONING CIRCUIT Elisha	5:30PM - 6:30PM PROJECT SLIDE HIP HOP (ages 7-17) Sam	8:00PM-9:00PM TRX CONDITIONING CIRCUIT Elisha	8:00PM-9:00PM TRX YOGA Kathleen	5:30PM - 6:30PM PROJECT SLIDE HIP HOP (ages 7-17) Sam	

Specialized Group Personal Training (in **BOLD**): Max 7 participants, 4 week package \$400 (4 sessions a week)*

Classes: \$120 for 6 week series (2 classes a week) Drop in - \$14 (Excludes: Project S.L.I.D.E Classes or Specialized Group Personal Training)

*AZ Residents & AYSA members receive FREE smoothie or 10% discount off take-home meals with Specialized Group Personal Training sessions!

Personal Training

Designed for YOU - We design personal training sessions to meet your specific needs & fit your tight schedule. Contact us to schedule your complimentary intro session with one of our personal trainers. We'll give you a tour & to design the perfect workout for you to last a lifetime of fitness.

Personal Training Package: \$756 for 12 1-hr sessions (\$63 a session)

One-time Personal Training Session: \$70 (Call to schedule)

Specialized Group Personal Training

Personalized attention on a budget: Max 7 participants

Muay Thai Kickboxing and Conditioning - Build the strength and focus of a fighter. Sessions include kickboxing and other training to strengthen and condition core muscles, develop speed, agility, and balance with techniques and exercises using your own body weight, dumb bells, suspension trainers, medicine balls, bands and balance devices. 1 hour

TRX Conditioning Circuit - This session is designed to give you a full body workout using suspension training. Get ready for high intensity body weight & cardiovascular training using TRX suspension training, body weight exercises and jump ropes. 1 hour

TRX Yoga - Combining the breath-work and focus of Yoga with the core strengthening work of the TRX, this specialty training series will build your physical strength and mental focus. Designed with a focus on lifelong fitness, this series is lower impact, effective for any training level. 1 hour

Four-Week Group Personal Training Package: \$400 for 16 sessions (\$25 a session), 4 sessions a week

Drop in rate - \$30 (Call to reserve spot)

Classes

Intense Physical Challenge (IPC) -Not your typical boot camp. A mixture of exercise techniques put together to give you a workout sure to improve cardiovascular strength, muscular strength, balance, flexibility and agility. Open to all levels. 1 hour

Lotus Flow - This Level 1 class builds the foundation for your yoga practice, introducing a basic well-rounded Vinyasa flow class with an emphasis on breathing and healthy alignment in the poses. Open to all levels. 1 hour 30 minutes

Tai Chi - This class will teach the student a 64-movement form taking a total of 6 months to complete his/her full training. Yang Tai Chi, one of the oldest forms of Tai Chi is based in combat application and is taught both for gross motor coordination and therapeutic purposes.

Six-Week Class Series: \$120 for any 12 classes for 6 weeks: only \$10 per class! (Excludes Hip-Hop Classes and Specialized Group Personal Training)

Drop in rate - \$14

Move Right, Eat Right

We offer a unique service where you can work with one of our trainers or instructors and place an order for some healthy, tasty food with the market ready to pick up at the end of your workout.

Visit us on the web at <http://holisticstrategiesinc.com>

Holistic Strategies, Inc. (Ph) 404.226.9966 (E) info@holisticstrategiesinc.com

Ask about AZ Resident & AYSA Member specials!