

# THE SPACE MARKET & STUDIO

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

February Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00 am		Muay Thai Kickboxing and Conditioning Adam / Elisha	Muay Thai Kickboxing and Conditioning Adam / Elisha	Muay Thai Kickboxing and Conditioning Adam / Elisha	Muay Thai Kickboxing and Conditioning Adam / Elisha		
9:30 - 10:30 am							Intense Physical Challenge (IPC) Elisha
12:00 - 1:00 pm				Tai Chi Chris			
1:00 - 2:00 pm							
2:00 - 3:00 pm				Lotus Hour Jocelyn			
3:00 - 4:00 pm	Yoga for Runners Kathleen						
4:30 - 6:00 pm	Lotus Flow 1 Jocelyn						
5:30 - 6:30 pm			Project S.L.I.D.E Hip-Hop Class ages 7-17 Samantha		Project S.L.I.D.E Hip-Hop Class ages 7-17 Samantha		
6:30 - 8:00 pm							
7:30 - 8:30 pm				7:00-8:30 pm Vinyasa Yoga I-II Kathleen			

Classes: \$120 for 6 week series (2 classes a week) Drop in rate - \$14 (Excludes: Project S.L.I.D.E Classes or Specialized Group Personal Training)  
Specialized Group Personal Training (Shaded boxes): Max 7 participants, 4 week package \$400 (4 sessions a week) Starts February 8th

## 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 Hour** - Moving at a faster tempo, this class builds stamina and strength as well as developing grace and flexibility. Nourish your body, mind and soul in this 1 hour well-rounded yoga fest! Open to all levels. 1 hour

**Lotus Flow 1** - 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 you a 64-movement form taking a total of 6 months to complete your 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.

**Vinyasa Yoga Level I-II** -You will progress through a balanced journey building on a basic knowledge of poses, breath-work and meditation. Meant for the yogi or yogini already familiar with the poses; get ready to sweat as you build a strong body and mind through these classes! 1.5 hours

**Yoga for Runners** - Need to increase your stride? Do you have knee-pain after those long runs or cycles? This class is for you! Come for a great stretch after that long workout on the weekend. Open to all levels. 1 hour

*First Class is Complimentary (excluding Specialized Group Personal Training)*

*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*

## Specialized Group Personal Training

**Muay Thai Kickboxing and Conditioning** - Train like a Muay Thai 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, balance devices. 1 hour

**TRX Circuit** This session is designed to give you a full body workout using suspension training. It is a high intensity body weight & cardiovascular training using TRX suspension training, body weight exercises and jump ropes. 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)*

### Customize to fit your needs...

Have specific needs, want more attention or have a tight schedule?

**Contact 404.226.9966 or [kathleen@holisticstrategiesinc.com](mailto:kathleen@holisticstrategiesinc.com)**

to schedule your complimentary session with one of our personal trainers to

design a workout specific to your needs and schedule that will last you a **lifetime of fitness**.

### 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

Clients that sign up for one of our Six-Week Series Programs or personal training sessions receive a 5% discount on all market items and pre-made meals.