

January Studio Class Schedule

Improve your strength, bone density, balance, posture, stability and core—weight loss and toned abs come along for the ride!
All classes are led by a certified instructor who is there to help and motivate you!

12-visit punch card or drop-in fees apply; must sign in at front desk.
45-minute classes come with a complimentary, 30-minute cardio option immediately after class.
Equipment availability limited; first-come, first-served.
See front desk or www.justformespa.com for more information.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45am	WEIGHT TRAINING (8:45—9:30) Cheryl		WEIGHT TRAINING (8:45—9:30) Cheryl				
9:00am		CROSS TRAINING (9:00—9:45) Kimberly		CROSS TRAINING (9:00—9:45) Kimberly		*PRIV. BUDDY TRAIN (9:00—9:45) Jocie	
9:45 am			BE KIND YOGA (9:45—10:45) Liz W.				
10:00 am	MINDFUL FOCUS & FLOW YOGA (10:00—11:00) Allissa				HONEY POT YOGA (10:00—11:00) Martha		
7:00pm				SALT CAVE MEDITATION (7:00—8:00) Suzanne			

Get 5 or more people and create your own training group/yoga class — you pick the time and type of training! Please notify us on the date and time you would like and we will work with you to accommodate your private session. Fee \$125.

***Class size limited.**

A class may be cancelled if monthly average attendance is less than 5.
Please call the Spa at 651-439-4662 to confirm your class will be held during holidays.



Just For Me Spa - 110 S. Greeley St. Stillwater, MN - 651.439.4662 - justformespa.com
January 2019

Class Descriptions

Weight Training—45 minutes

A fun and effective way to reach your fitness goals. This small group session will incorporate free weights, TRX, Kinesis and body weight training in a motivating and friendly environment. Get your friends together and prepare to work out and have some fun!

Cross Training—45 minutes

Total body circuit class led by a personal trainer. The focus is on core, balance, flexibility, strength. Uses Kinesis cable machines, TRX straps, body weight exercises and more. Class size limited.

Private Buddy Training—45 minutes

Reach your fitness and weight loss goals much easier with shared motivation with a buddy! Train with a friend and a certified personal trainer for a fun, relaxed experience that will get both of you moving together.

Yoga Studio Classes

Mindful Focus & Flow Yoga—60 minutes

This class balances the mind, body and spirit through intention setting, conscious breath work, mindful movements and meditation practices. This gentle flowing but energizing class provides you with support and purpose. Leave feeling more aligned, calm and present.

Be Kind Yoga—60 minutes

This yoga class is a safe space to practice self-love and kindness. You might bring a journal to write down intentions or mantras that help you build a relationship with your practice and yourself. We will meander through restorative poses and soft flows. Class will end with a scented, guided meditation.

Honey Pot Yoga—60 minutes

The first half of this yoga class will feature gentle postures and connective Vinyasa movements designed to focus and steady the mind, build heat, strength and flexibility and work through emotions and energy to prepare a deep state of relaxation. The second half of this class melts into a blend of therapeutic soma, yin and restorative yoga to fully connect the mind, body and spirit.

Options	Includes:	Price
Drop-in (single use)	Gym, class and locker rooms	\$15
12-visit punch card	Gym, classes and locker rooms	\$125
Seniors 60+ receive a 20% discount		



Just For Me Spa - 110 S. Greeley St. Stillwater, MN - 651.439.4662 - justformespa.com