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# The Studio

ELEVATED FITNESS



# Class Schedule

AS OF SEPTEMBER 1, 2020

WWW.THESTUDIOHEBER.COM

PLEASE SIGN UP FOR CLASSES AHEAD OF TIME  
THROUGH OUR MINDBODY APP!

The Studio 55 E Center St #140, Heber City, UT 84032 | 435.315.3635



## Membership Options

### SIGNATURE MEMBERSHIP

**\$139 monthly**  
This option gives you unlimited access to all of our Signature classes! That includes Yoga, Spin, Combo and Barre classes. Make sure you download the Mindbody App and sign up to reserve your spot!

### PREMIUM MEMBERSHIP

**\$179 monthly**

This option gives you unlimited access to all of our Signature classes - Barre, Yoga & Spin, as well as access to our Elevated Small Group Training program! You choose between a M,W,F or T,U,TH option! Our ESGT program includes body fat analysis, a food plan, accountability and education to help you reach your fitness goals!

**\$17 for day pass**  
**\$740 for 10 pack**  
**\$245 for 20 pack**

### CLASS PASSES

You can purchase a day pass, a pack of 10 class passes or a pack of 20 class passes - it's up to you! Our class passes are good for 6 months and they can be shared with family members!

### WE LOVE OUR COMMUNITY!

So we offer discounts for Educators, Students, Military, Firefighters, and Police!

Call us for more info!



### WE KNOW LIFE CAN BE UNPREDICTABLE!

So we do not make you sign a contract. Your membership will always be month-to-month and you can cancel at any time with 2 weeks written notice.



MON	TUE	WED	THURS	FRI	SAT	SUN
5:30am <b>Spin</b> Tiffany	6:00am <b>Hot Flow</b> Guro	5:30am <b>Spin</b> Tiffany	7:00am <b>Cardio Barre</b> Lindsey	<b>6:00am</b> <b>Elevated Team Training</b> Kasey	7:45am <b>Spin &amp; Strength</b> Alternating Instructors	
<b>7:00am</b> <b>Elevated Team Training</b> Kasey	<b>6:00am</b> <b>Elevated Team Training</b> Kasey	<b>7:00am</b> <b>Elevated Team Training</b> Kasey	<b>6:00am</b> <b>Elevated Team Training</b> Kasey	<b>7:00am</b> <b>Elevated Team Training</b> Kasey	7:45am 1st Saturday of each month: <b>Team Teach</b>	
8:00am <b>Cardio Barre</b> Lindsey	7:15am <b>Rhythm Ride</b> Kasey	9:30am <b>Hot Yoga Flow</b> Amy or Anastasia	9:30am <b>Hot Yoga Flow</b> Lizzy		9:30am <b>Empower &amp; Restore Yoga</b> Kasey	9:30am <b>Hot Yoga Flow</b> Anastasia or Emily
<b>9:00am</b> <b>Elevated Team Training</b> (Beginning 9/21/2020) Kasey		<b>9:00am</b> <b>Elevated Team Training</b> (Beginning 9/21/2020) Kasey		<b>9:00am</b> <b>Elevated Team Training</b> (Beginning 9/21/2020) Kasey		
9:30am <b>Hot Yoga Flow</b> Lizzy	9:30am <b>Hot Power Flow</b> Emily		5:30pm <b>Rhythm Ride</b> Kasey	9:30am <b>Hot 60</b> Lauren		
5:45pm <b>Heated Vinyasa Flow</b> Heather	9:30am <b>TRX Pilates</b> Lisa	5:30pm <b>Slow Yoga Flow</b> Heather	6:30pm <b>Yin Yoga</b> Amy			
<b>6:30pm</b> <b>Elevated Team Training</b> Kasey		<b>6:30pm</b> <b>Elevated Team Training</b> Kasey	<b>6:30pm</b> <b>Elevated Team Training</b> Kasey			
7:00pm <b>Barre Boxing</b> Leslie	5:30pm <b>Rhythm Ride</b> Leslie	7:00pm <b>Barre Pilates</b> Heidi				



Commitment. Consistency. Community.

# ELEVATE TEAM TRAINING

Elevate TEAM Training is our newest way to move at The Studio! This is our Premium Membership!

For just \$179 per month, you can have:

- Three TEAM Training Sessions weekly for 8 weeks, which focus on Balance, Agility, Strength Training, Breathing and Flexibility and are taught by one of our awesome Personal Trainers (We have a few time slots to choose from!)
- Body-fat Analysis at the beginning and the end of the 8 week program
- Accountability and a small-group community with others who are working alongside of you and encouraging you on your journey
- A suggested food plan and coaching to help you with your nutrition needs throughout the 8 weeks
- Your own, personal equipment which will be sanitized before and after each workout session
- Limited class sizes to help you social distance while meeting your fitness goals
- Unlimited access to our Yoga, Barre, and Spin classes
- RESULTS! Your body will love the changes you will experience in our TEAM Training Environment! Call today for more info.