







MONTHLY MOVES NEWSLETTER | JANUARY 2025 – ISSUE NO. 1

Updated Schedule

In with 2025 & in with a new, refreshed group fitness class schedule!
Now offering **26** classes weekly, the studio showcases **8** unique fitness formats alongside our staple of classical Pilates mat work.

MONDAY

	8-8:45am	Step & Strength
	9-9:45am	Classical Mat Pilates
	12:15-1pm	Bootycamp
	5:15-6pm	Full Body Sculpt
	6:15-7pm	Barre Box



TUESDAY

8-8:45am	Classical Mat Pilates
12:15-1pm	Step & Strength
5:15-6pm	Classical Mat Pilates
6:15-7pm	Barre Burn

WEDNESDAY

	7:15-8am	Full Body Sculpt
	8:15-9am	Barre Box
	5:15-6pm	Bootycamp
	6:15-7pm	TRX Mix

THURSDAY




	8:15-9am	Bootycamp
	12:15-1pm	Full Body Sculpt
	5:15-6pm	Step & Strength
	6:15-7pm	Classical Mat Pilates

Adv. Beg/Int




FRIDAY

	7:15-8am	TRX Mix
	8:15-9am	Classical Mat Pilates
	9:15-10am	Full Body Sculpt

SATURDAY

	9-9:45am	Classical Mat Pilates
	10-10:45am	Barre Burn
	11-11:45am	LaBlast

SUNDAY

	9-9:45am	PiYo
	10-10:45am	Barre Burn
	11-11:45am	Classical Mat Pilates

Adv. Beg/Int

 Brand New Class Format

 Added Class Section

 Adjusted Start/End Time

Adv. Beg/Int = prior experience in
Classical Pilates

This month, we introduce 2 BRAND NEW formats: TRX Mix and LaBlast. Tune into our **Free Fitness Week** mini-series on Instagram/Facebook running this week (01/06-01/12) to get a glimpse of each format before trying it on for size with us in a class! Follow **Making Moves Fitness & Dance** on both Instagram & Facebook to watch. Then register for your first (or next) class via MindBody!

*Please make note of level specifications for **Classical Mat Pilates** on Sundays & Thursdays - this provides an opportunity for our more seasoned practitioners to advance their workouts in an intermediate-level class. Previous experience with Classical Pilates required for enrollment.



NEW YEAR STRONGER YOU

HARNESS YOUR HEALTHIEST, HAPPIEST SELF IN 2025.
STREAMLINE YOUR WORKOUTS, MEALS & MORE!

LET'S BEGIN MAKING MOVES DURING OUR WINTER CHALLENGE

BEGINS JANUARY 13



CLASS TRACKING, GOAL-SETTING & ACCOUNTABILITY:
FREE!

DAILY CLASSES IN-STUDIO 26 OPTIONS WEEKLY
NUTRITION BOOTCAMP
GOAL-SETTING
WEEKLY CHECK-INS

Understand Macro tracking
Food prep & meal planning
Weekly simple & effective recipes
Gut health education
Private Facebook group access
Daily posts, discussions & camaraderie

NUTRITION BOOTCAMP:
\$69/MONTH
OR
\$20/WEEK

Winter Challenge & *Nutrition Bootcamp*

Our first studio-wide challenge is in full effect - emphasizing goal-setting, accountability & camaraderie! For every class and/or private session you attend, you'll earn a star on our participant chart, hanging in the studio. Tracking workouts is a fabulous way to encourage consistency & watching the hours add up is SO rewarding... so let's do it all together!

Want to take things a step further? Join our first Nutrition Bootcamp, a guide to healthier lifestyle choices made in the kitchen & beyond. You'll gain access to a private FB group in which Julia (Certified Nutrition Coach) will post daily focuses, open discussions, and motivational tidbits.

Participate in one or both components! Movement Challenge is FREE. Nutrition Bootcamp can be purchased either monthly or weekly via MindBody - registration currently open.

We'll talk:
Macros (and how to track your daily intake)
Simple but effective recipes
Food prep & meal planning
Gut health & its role in digestion
Myth & diet debunking

New Offerings

Classical Ballet Lessons



Ballet Lessons

Bringing it right back to where it all started... now in our own space!

Ballet privates & semi-privates [2-3 people] open to dancers ages 11+. Weekly or drop-in options. Virtual opportunities.

- Ballet
- Pointe & Pre-Pointe
- Variation Coaching

Reach out now to book yours!
Availability beginning January 12.
Details on MindBody.

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It's happening... beginning January 12th, ballet is making its way within our doors!

With the installation of a sprung subfloor topped with Harlequin Floors marley, we are so excited to now provide high quality dance instruction in our cozy space while keeping dancers (and their bodies) safe!

Privates & semi-privates available (capped at 3 dancers) in ballet, pointe & variation coaching. Scheduling available via MindBody (under "Appointments").

Looking for a way to supplement your ballet training with hyper-focused attention & boatloads of personalized, individual-specific feedback? We've got you covered!

Open to dancers ages 11+ with ballet experience.