



WINTER HOURS OF OPERATION - PASADENA

MONDAY - THURSDAY 9:00am - 8:00pm

FRIDAY 9:00am - 7:00pm

SATURDAY 8:00am-12:00pm

SUNDAY 9:15am-11:15am

Phone: 410-582-9505

www.TransformationsPasadena.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15 GROUP POWER ONLY OPEN DURING CLASS	5:15-6:15 GROUP fight ONLY OPEN DURING CLASS	5:15-6:15 GROUP POWER ONLY OPEN DURING CLASS	5:15-6:15 POUND ROCKOUT. WORKOUT. ONLY OPEN DURING CLASS	5:15-6:15 GROUP ACTIVE ONLY OPEN DURING CLASS	8:00-9:00 GROUP CENTERGY	
	9:30-10:00 LEIBELLE sprint	9:15-9:45 Belly&Booty BOOTCAMP	9:30-10:00 LEIBELLE GRIT BOOTCAMP		9:00-9:30 LEIBELLE sprint	
9:30-10:00 POUND EXPRESS	10:00-10:30 STRONG EXPRESS	9:45-10:45 GROUP fight	10:00-11:00 GROUP ACTIVE	9:30-10:30 GROUP BLAST	9:45-10:45 GROUP POWER	9:30-10:30 GROUP fight
10:00-11:00 GROUP ACTIVE	10:30-11:30 Restorative YOGA	10:45-11:15 POWER EXPRESS	11:00-11:30 Barre EXPRESS	10:30-11:30 GROUP groove	10:45-11:45 ZUMBA fitness MOM & ME OPTION	10:30-11:00 Belly&Booty BOOTCAMP
OPEN ALL DAY	OPEN ALL DAY	OPEN ALL DAY	OPEN ALL DAY	OPEN ALL DAY		
4:30-5:30 GROUP ACTIVE	4:30-5:30 GROUP fight	4:30-5:30 POUND ROCKOUT. WORKOUT.	4:30-5:30 GROUP POWER	4:30-5:30 GROUP fight MOM & ME OPTION		
5:30-6:30 POUND ROCKOUT. WORKOUT.	5:30-6:30 GROUP POWER	5:00-5:30 ZUMBA KIDS 5:30-6:30 GROUP BLAST	5:30-6:30 GROUP ACTIVE	5:30-6:00 Belly&Booty BOOTCAMP	Winter Schedule Begins January 2, 2019 Childcare open during all classes except for 5:15am!	
6:30-7:30 CANDLELIT yoga	6:30-7:00 LEIBELLE sprint	6:30-7:30 GROUP groove	6:30-7:30 GROUP CENTERGY MOM & ME OPTION	6:00-6:30 LEIBELLE GRIT BOOTCAMP CO-ED OPTION		



YOU MUST CHECK IN AT DESK FOR SPRINT CLASSES - UP TO 30 MINUTES PRIOR
SHADED CLASSES ARE FOR MEMBERS WITH BLACK TAGS - ONLY \$10/MONTH



CLASS DESCRIPTIONS



GROOVE	Shake, shimmy and smile your way through this dance fitness workout guaranteed to make you sweat!
BARRE	Can we just say flatter tummy, smaller thighs and lifted glutes? Not to mention strength, grace & stamina!
POUND	Enjoy this cardio jam session inspired by the energizing, sweat-dripping fun of playing the drums. #rockout
ACTIVE	Work your body from head-to-toe in this class combining cardio, strength, balance and flexibility.
POWER	Define all of your muscles & increase bone density in this high-energy strength training class.
CENTERGY	Change the way you feel about your body with this dynamic combination of yoga & pilates.
BLAST	Get your heart pounding and sweat pouring using the STEP in athletic ways to BLAST fat & have fun!
FIGHT	Kick, punch, and jab the pounds away with this energizing cardio kickboxing workout.
ZUMBA	Party your way into shape in this Latin-inspired dance class created for maximum calorie burn.

30-MINUTE EXPRESS WORKOUTS, BLACK TAG EXCLUSIVES, AND FAMILY OPTIONS

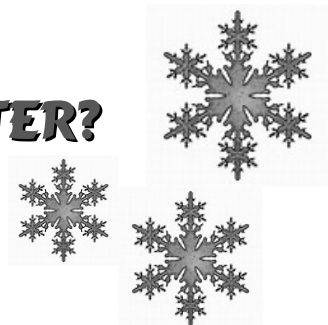
BARRE EXPRESS	Can we just say flatter tummy, smaller thighs and lifted glutes? Not to mention strength, grace & stamina!
POUND EXPRESS	This cardio jam session is inspired by the energizing, sweat-dripping fun of playing the drums...Rockout!
POWER EXPRESS	Define all of your muscles & increase bone density in this high-energy strength training class.
STRONG EXPRESS	Amazing beats inspire <u>H</u> igh <u>I</u> ntensity <u>I</u> nterval <u>T</u> raining to increase strength and overall endurance. Get STRONG!

- *GRIT (BT) Literally change your body with this 30-minute, cutting edge, HIIT training class led by amazing coaches.
- *SPRINT (BT) This 30-minute bike workout uses bursts of intensity which drive your body to burn calories for hours!
- *BELLY-BOOTY (BT) Enjoy an ever changing mix of exercises designed to target two of your toughest areas!
- *RESTORATIVE YOGA (BT) Explore gentle poses and deep stretches to calm the mind and relax. Just breathe!
- *CANDLELIT YOGA (BT) Mindful movement through yoga postures will build strength & balance while revitalizing the body.
- *MOM & ME OPTIONS Bring your 8-12 year olds to join you in these classes and build healthy habits together! #familytime
- *ZUMBA 4 KIDS Give your child their first taste of ZUMBA...for children ages 5-10...inspired by fun...moms invited.
- *CO-ED OPTION Show the men in your life that the women of Transformations are **HARDCORE!** No fees apply for guests!

***BLACK TAG CLASSES, MOM & ME OPTIONS, and POUND 4 KIDS are programs that require check-in at the front desk. If these features are not part of your membership package, nominal fees may apply. It is crucial that children attending the MOM & ME OPTIONS are mature enough to focus and follow instruction for the entire class.**

LOOKING FOR AN INEXPENSIVE WAY TO GET PERSONAL TRAINING THIS WINTER?

Women
ON A
MISSION



**JOIN A MISSION TEAM AND ENJOY A WEEKLY TRAINING SESSION FOR ONLY \$20. NOW WITH OPTIONS TO FOCUS ON WEIGHT LOSS, STRENGTH AND YOGA!
SEE FRONT DESK FOR DAYS & TIMES**

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