



# Healthy Habits Fitness and Yoga Studio

*Fitness. Nutrition. Motivation.*

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our free e-newsletter and specials!  
[www.HealthyHabitsStudio.com](http://www.HealthyHabitsStudio.com)  
**(916) 444-7729**

## AUGUST 2010 CLASS SCHEDULE for our J Street Location

### MONDAY

Noon	<b>Sweat + Sculpt</b>		Get in shape with this sculpting and fat burning workout! Lots of variety
5:30 PM	<b>CardioSpin</b>		A fat burning cardio workout on spin bikes (or treadmill/elliptical) Platinum Members can reserve their bike.
5:30 PM	<b>Pilates meets Yoga</b>		Pilates core work, plus full body toning and flowing yoga
6:30 PM	<b>Booty Camp</b>		A tough full body workout of sculpting and toning.

### TUESDAY

12 Noon	<b>Balletone/Sole Synthesis</b>		Low Impact, flowing cardio pilates/ballet/ fitness combo, barefoot if desired! Burn fat while toning and improving posture, balance, core.
5:30 PM	<b>PilatesFit</b>		Our non--traditional Pilates class combining standing and floor work for full body toning and stretching
5:30 PM	<b>CardioSpin- 45 minutes</b>		A fat burning cardio workout on spin bikes (or treadmill/elliptical) All fitness levels are welcome. Platinum Members can reserve their bike.
6:15 PM	<b>Circuit City ~BootCamp 45 minutes</b>		A full body sculpting workout. Circuit Training and/or free weights and more! Perfect after our Spin class.

### WEDS

Noon	<b>Sweat + Sculpt</b>		Get in shape with this sculpting and fat burning workout! Lots of variety
4:30 PM <b>NEW!</b>	<b>BootCamp WORKOUT</b>		Get sweaty, sculpted and toned. Fat burning cardio, core work, upper body and lower body sculpting, everything- all in one class.
5:30 PM	<b>Pilates meets Yoga</b>		Pilates core work, plus full body toning and flowing yoga
6:30 PM	<b>30/30 Spin and Sculpt</b>		A 30 minute fat burning cardio workout on spin bikes followed by 30 minutes of sculpting. Platinum Members can reserve their bike.

### THURSDAY

Noon	<b>Dance exercise</b>		Get in shape with this fat burning and firming workout. Dance-based cardio that burns tons of calories and tones. All levels welcome
5:30 PM	<b>Cardio plus Pilates</b>		Burn calories with cardio (step aerobics or kickbox), then Pilates for core work and full body toning.
5:30 PM <b>NEW!</b>	<b>SPIN -30 Minutes</b>		A fat burning cardio workout on spin bikes in just 30 minutes!
6:00 PM <b>NEW!</b>	<b>Booty Camp – 30 Minutes</b>		Non-stop Full body sculpting in just 30 minutes! <b>Take both 30 minute classes for price of one class.</b>

### FRIDAY

Noon	<b>Sweat + Sculpt</b>		Get in shape with this sculpting and fat burning workout! Lots of variety
5:30PM	<b>BOOTCAMP- Special \$15/Class or \$99/ 8wks</b>		Get sweaty, sculpted and toned. Fat burning cardio, core work, upper body and lower body sculpting, everything- all in one class.

### SATURDAY

8:30 AM	<b>CardioSpin</b>		A fat burning cardio workout on spin bikes (or treadmill/ elliptical) Platinum Members can reserve their bike.
9:30 AM	<b>Booty Camp</b>		A tough full body workout of sculpting and toning.
10:30 AM	<b>PilatesFit</b>		Our non--traditional Pilates class combining standing and floor work for full body toning and stretching
11:30 AM <b>NEW!</b>	<b>Yoga- for fitness and relaxation</b>		Treat yourself to our yoga class for all levels, incorporating breath work, strength, flexibility and relaxation with our Certified Yoga Instructors.

Check out our new **FREE E-magazine with recipes, articles, exercise demos and more!**

**[www.HealthyHabits.fitpromag.com](http://www.HealthyHabits.fitpromag.com)**

## August 2010

- **BootCamp WORKOUT** is our new 4:30pm Class on Wednesdays! Sweat and Sculpt is our Full body workout every MWF at 12noon.
- **Balletone Standing Flow or Sole Synthesis**- fat burning cardio and toning workout based on ballet-/pilates/fitness/yoga~ Tuesdays at 12noon
- **Dance Exercise**- Dance-based cardio workout every Thursday at 12noon for all levels.
- **Big City BootCamp- Fridays at 5:30pm**- drop in for just \$15/session or \$99/8 weeks. Call us to sign up- 916-444-7729.
- **Dancelicious and Pole Dance**- Thursday, August 12<sup>th</sup> 6:45pm-7:45pm~ Sign up early and save: \$20 prepaid, \$30 at the door if space available.
- We offer our **Pole Dance and Dancelicious Private Parties** for Bachelorette or Birthday events. Call us to set up your Girl's Night out! 916-444-7729
- **Nutritional Cleansing and Fat Burning Programs** are a healthy way to jump start your weight loss and get back on track with healthy eating habits. We recommend the **30 Day Cleanse Program or the 9 Day Cleanse** for an "easy to live with" program that will give you results while fitting into your busy lifestyle. See program details and order online anytime at [www.RoseZahnn.Isagenix.com](http://www.RoseZahnn.Isagenix.com) Call Rose with questions or for guidance and coaching through your program. Join the many Healthy Habits clients who are feeling leaner, cleaner, and healthier!
- Visit *The Pilates Studio by Healthy Habits* at 5363 H Street in East Sac. Call: 916-457-7700
  - Check out our new **FREE E-magazine with recipes, articles, exercise demos and more!**  
[www.HealthyHabits.fitpromag.com](http://www.HealthyHabits.fitpromag.com)

### Pay per Class, buy a Class Package or join a Monthly Membership:


\$15 / Class. Drop in to any class on our schedule (except special classes and workshops)  
\$120 / 10 Class Package (expires 3 months from purchase)  
\$200 / 20 Class Package (expires 3 months from purchase)

Packages can be used for any regular classes and can be shared with another person. Packages must be used within 3 months.

- **Platinum Membership: Just \$99 /Month includes Unlimited classes at our J Street studio plus half price on BootCamps and Special events/workshops.**  
*Our Membership is ongoing monthly, automatic credit card payment on the first of each month, 12 month agreement. One month, and month to month memberships are available for \$150/Month.*

**Interested in Personal Training for Fitness, Yoga or Pilates?  
We offer a free consultation by appointment.**

### Studio Tips and Suggestions:

- \*We recommend starting with private sessions and/or  beginning classes if you're new to Fitness, Yoga and/or Pilates.
- \***Please arrive 15 minutes early to allow time to check in and prepare for class.**
- \*Eat light before class if needed, allowing at least 2 hours after a large meal before exercising.
- \*We have a locker room and showers available. Please bring water and a towel to all classes.
- \***Choose the classes that are right for you, let your instructor know of any injuries, and go at your own pace.**
- \***Most of all, HAVE FUN!** All of our classes are great for endurance, strength, flexibility, and stress management!

**Healthy Habits Studio**  
2224 J Street, Sacramento, CA 95816  
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