



Healthy Habits Fitness and Yoga Studio

Fitness. Nutrition. Motivation.

Visit our website often, and sign up for
our free e-newsletter and specials!
www.HealthyHabitsStudio.com
(916) 444-7729

MARCH 2010 CLASS SCHEDULE for our J Street Location

MONDAY

Noon	Sweat and Sculpt		Get in shape with this sculpting and fat burning workout! Lots of variety
5:30 PM	Spin		A fat burning cardio workout on spin bikes (or treadmill/elliptical) Platinum Members can reserve their bike.
6:30 PM	Booty Camp Sculpt and Stretch		Enjoy a full body workout of sculpting plus stretching! Perfect after our Spin class.

TUESDAY

12 Noon	Balletone/Sole Synthesis		Low Impact, flowing cardio pilates/ballet/ fitness combo, barefoot if desired! Burn fat while toning and improving posture, balance, core.
5:30 PM	PilatesFit Mat Pilates		Pilates Core work plus full body toning and stretching
5:30 PM	CardioSpin- 45 minutes		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	Circuit City ~Sculpt and Stretch		Enjoy a full body sculpting workout. Circuit Training and/or free weights and more! Perfect after our Spin class. Finish with deep stretching.

WEDS

Noon	Sweat + Sculpt		Get in shape with this sculpting and fat burning workout! Lots of variety
5:30 PM	PilatesFit Mat Pilates		Pilates: core work, plus full body toning and stretching!
6:30 PM	30/30 Spin and Sculpt		A 30 minute fat burning cardio workout on spin bikes followed by 30 minutes of sculpting. Platinum Members can reserve their bike.

THURSDAY

4 week Kundalini Yoga Series starts March 11! Sign up now!

Noon	30/30 Spin and Sculpt		30 Minutes of Cardio Spin, then Sculpting, Pilates or Yoga.
5:30 PM	Cardio Pilates		Burn calories with cardio (kickboxing, balletone or other cardio!) then Pilates for core work and full body toning.
5:30 PM	CardioSpin- 45 minutes		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	Circuit City Sculpt and Stretch		Your entire body gets sculpted then stretched. Perfect after our Spin class. Circuit training and/or free weights and more.

FRIDAY

Noon	Zumba! Dance your Booty Off!		Get in shape with this fat burning and firming workout! ZUMBA! Dance-based cardio that burns 400-700 calories! All levels welcome.
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SATURDAY

8:30 AM	CardioSpin		A fat burning cardio workout on spin bikes (or treadmill/ elliptical) Platinum Members can reserve their bike.
9:30 AM	Sculpt and Stretch		Enjoy a full body sculpting workout then stretching. Perfect after Spin!
10:30 AM	PilatesFit Mat Pilates		Pilates: core work, plus full body toning and stretching
11:30 AM	YogaFit Beg/Intermediate		Vinyasa (Flowing) yoga that builds strength, endurance and flexibility while burning calories for healthy beginners and intermediate students.

Join the Run for the Buns~ Saturday, April 3!

5k, 10k, and 1 mile walk/run with all the proceeds going to our favorite animal charity. Bring your family, friends and co-workers! Registration forms available at the studios and online.

The Pilates Studio by Healthy Habits offers Pilates Apparatus and Mat, classes and Private Sessions.

Located at 5363 H Street (in East Sac) (916) 457-7700

MARCH 2010

- **Learn to Be Lean- the 6 week healthy eating lifestyle program- starts March 8. Mondays from 6:30-8:30pm. \$199 pre-registration required.**
- **4 Week Kundalini Yoga Series- Focusing on the Heart Chakra- Thursdays at 7pm, March 11- April 1. \$40/4 weeks or use your Platinum Membership or Class Package. Sign up now!**
- **New Classes: 30/30 Spin and Sculpt- at 12 noon on Thursdays, and CardioPilates, Thursdays at 5:30pm**
- **Balletone- and Sole Synthesis- dance based fitness classes~ every Tuesday at 12noon**
- **Dance Your Booty Off- it's ZUMBA with Donna- Every Friday at 12noon**
- **BootCamp Group Training- Ask about our upcoming BootCamps!**
- Want your own **BootCamp** Group? Get in shape with consistent workouts, personalized training, a fun group atmosphere and a great savings! Got a group of friends? Create your own Workout group with us!
- **Dancelicious and Pole Dance-** to be announced!
- 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 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!

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, can be shared with another person, and are valid only at the studio where they were purchased. Package classes must be used within 3 months.

- **Platinum Membership: Just \$99 /Month includes Unlimited classes at our J Street studio plus mat, belly and NIA classes at H street.**
- **The Pilates Studio Membership: just \$199/month and includes Unlimited classes at our H Street studio. Sign up at The Pilates Studio by Healthy Habits or call us at #457-7700.**
- **Healthy Habits Elite Membership- includes unlimited classes at BOTH studios! Just \$249/month. See us at either studio to get started.**

All Memberships are 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 Platinum, \$249 H Street, \$299 Elite.

**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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