



YOUR BEST MONTH YET



SEPTEMBER EVENTS



SUN, SEP 10th 10AM

**COMMUNITY
YOGA &
PILATES**

@ TIERRA DE LOBOS WINERY

SATURDAY 9/9

TODDLER YOGA

0-24 MONTHS 10AM

KID YOGA

AGES 4-7 11AM

SUNDAY 9/10 10 AM

COMMUNITY YOGA

@ TIERRA DE LOBOS

SUNDAY 9/10 4 PM

SOUND BATH

FRIDAY 9/22 5:30PM

AFRO-LATIN DANCE

SEPTEMBER CLASSES '23

	MON	TUE	WED	THU	FRI	SAT	SUN
9AM			9:00 AM YOGA EMMA		9:00 AM STRENGTH HANNAH	9:00 AM BARRE HANNAH	
10AM							10:00 AM YIN YOGA DANIELLE
12PM		12:00 PM NOON CIRCUIT HANNAH		12:00 PM NOON CIRCUIT HANNAH			
5:30PM	5:30 PM STRENGTH ERIN	5:30 PM DANCE FITNESS DEZ	5:30 PM BARRE HANNAH	5:30 PM MAT PILATES JILL			
6:30PM	6:30 PM TRAPEZE YOGA KAAHREENA	6:30 PM GENTLE YOGA SHANNON	6:30 PM TRAPEZE YOGA KAAHREENA	6:30 PM GENTLE YOGA SHANNON			



Class Of The Month

5:30 PM THURSDAY PILATES

With Jill



Wake up your body and joy from within! A blend of pilates, barre, yoga, and dance to upbeat music, this full-body class tones you up while tuning you in, leaving you feeling longer, stronger, and thankful.



**MONDAY
5:30PM
STRENGTH**

INSTRUCTOR HIGHLIGHT ERIN PETERS

Erin Peters is back at StudioFit after a couple years hiatus! Erin is an Oregon local, who spent some time in Southern California, and is so happy to be back in the gorge again! She is an elementary school teacher, but enjoys getting to work with adults on their fitness as well. Erin has certifications in barre, cardio kickboxing, and personal training. She loves group fitness because it's a great way to be accountable, support each other, and make great friends along the way. Come join Erin for one of her classes at StudioFit and get ready to sweat.

LET'S TALK YOGA TRAPEZE



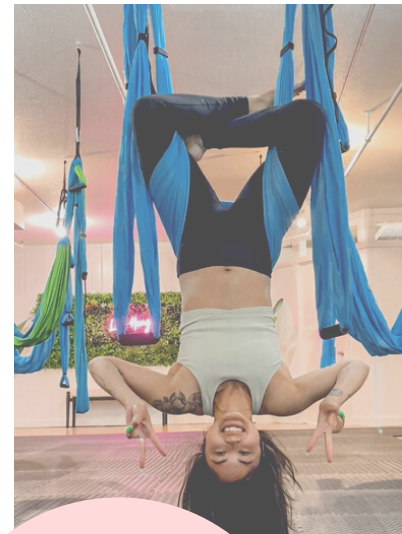
Yoga Trapeze, used in conjunction with traditional mat yoga, offers a truly comprehensive fitness modality. Students are often attracted to the Yoga Trapeze for spinal traction and passive backbends, but very quickly they learn that the functional pulling and grip strength offered compliments a mat-based yoga practice to create a full-body fitness routine. A yoga practice or exercise routine that integrates the Yoga Trapeze, even if just once or twice per week, includes pushing, pulling, holding, twists, backbends, forward bends, hip opening and so much more. You can work your shoulders, calm your nerves, and leave class floating on air.

& THE BENEFITS...

Instant Pain Relief As much as 80% of the population live with back pain, but with the Yoga Trapeze, students can use gravity to elongate their spine and find pain relief. No prior yoga experience is needed, and the pain relief provided is unmatched by any other treatment.

Flexibility Using the sling, suspension, and gravity, the yoga trapeze allows you to build flexibility in a whole new way. The Trapeze acts as a prop and allows for deeper, and supported hip & shoulder openers, backbends, and hamstring stretches that can only be done with the Trapeze.

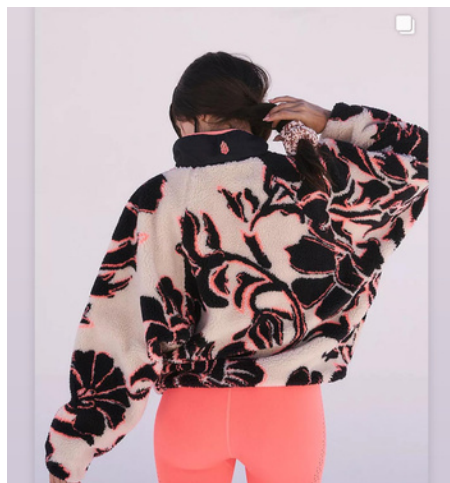
FUN Exercise has never been more fun and empowering! With the Yoga Trapeze, you are challenged to get into new, fun poses that encourage you to get stronger and more flexible. Our Trapeze classes are for both beginners and advanced. We walk you through the trapeze and how to use it, ensuring you understand options to make things harder or easier. We will meet you right where you're at.



MON & WED
6:30PM
YOGA TRAPEZE
KAAHREENA

OUR FAVE BOUTIQUE PRODUCTS

APPAREL & FITNESS PROPS TO KEEP YOU MOVING



BOUTIQUE HOURS WED-FRI 11AM-5PM SATURDAY 10AM-4PM
@STUDIOFITTD WWW.STUDIOFITTD.COM



Learn more about all of our services & membership options on our website!