



Summer Calendar

EnergyMovementCenter.com
 925 South Street, Peekskill
 914/930-1504



JOIN THE MOVEMENT.

www.energymovementcenter.com

(Class schedule subject to change. Check our site for updated information)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am		Biking 8-9 am		Biking 8-9	Awake And Align Yoga 7:30 – 9:00	Biking 8-9 am	
9:00 – 9:30am		Biking 9-10am	Integrated Movement 9:30-10:30am	Biking 9-10am	Stretch to Strength Energy Flow 9:30-10:30am	Biking 9-10am	Boot Camp for non- combats 9-10am
10:00am							Integrated Movement 10-11am
10:30- 11:30	Zumba* \$10/class						
Noon	Zumba* \$10/class						“Shimmy” Belly Dancing Noon-1pm
6:00pm		30 Min. Power Flow* 6-6:30	Zumba* \$10/Class		30 Minute Power Flow* 6-6:30		
6:15pm		Stretch to Strength Energy Flow 6:30-7:30pm					
6:30pm				Yoga 6:30-7:45pm			
7:00pm			Tai Chi 7-8pm 2 nd Floor	Pilates 7-8 3 rd Floor			

925 South St., Peekskill (914)930-1504

Prices: \$20 per class; \$150 for 10 class card; \$240 for 20 class card (\$12/class); **Zumba \$10/class cash at door**

*30 Minute Power Flow \$10 or two 30-minute classes for the price of one on your card

FIRST CLASS IS FREE!

30 Minute Power Flow

Shortened high intensity version of the integrated movement class combined with the cardio intensity of Boot camp for Non-combats.

Awake And Align Yoga

Gentle asanas (specific body positions) stimulate your muscles and organs, and open energy channels. Yoga can be done at any time of day but is particularly powerful at the beginning of the day before you break your nightly fast and the general activities of the day have begun.

Belly Dancing

"Shimmy by Liz Ford" A fire-burning dance workout designed to melt and excite your body! This class is a fusion of Ancient Egypt and Middle Eastern Belly dancing. Broken down into ten easy steps, our workout will make you simmer, sizzle and move like Shakira to fire-burning music.

Boot Camp for Non- Combats

High intensity strength and cardio exercises designed to challenge your strength and endurance while burning lots of calories. Focus on form and intensity as well as great music and fun.

Integrated Movement

This class is based on a compilation of many different research and body work studies, melded together to form an overall body and mind experience. The flow of yoga calms the mind and connects breath with movement. The innovative research techniques create strength and body awareness while improving both body posture and alignment. This, combined with the conditioning elements of resistance training and calisthenics, promotes overall health and well being, resulting in a healthy, younger stronger body.

Pilates

Pilates is a non- impact system of exercises designed to provide you with a well-balanced blend of strength and flexibility making one feel invigorated after each session. The custom- designed workouts are safe, versatile and effective for all ages and fitness levels with a particular concentration on strengthening and stabilizing your core muscles. Come nurture and honor your body.

Stretch to Strength Energy Flow=Resistance/Flexibility/Stretch

Based on familiar yoga postures, resistance strength and flexibility training is a smarter way to stretch and strengthen your body to improve functional as well as athletic performance. Unlock and release trapped tension while receiving a superb mind/body tune-up. Open up energy pathways throughout the body to achieve enhanced psychological awareness and physical well-being associated with each of sixteen meridians.

Tai Chi

This class is based on what many consider the original form of Taiji, developed in the early 17th century at the Chen village and known as the Chen style. This form is practiced with slow graceful movements with sudden bursts of energy release known as "Fajing". In addition to learning a basic form, the class will include various warm up and meditative exercises centered around basic movements including a series called "silk reeling". The class will be an introduction to what is hoped to be a lifetime of discovery of movement, balance, the body, mind and spirit of the practitioner. Wear comfortable clothes and flat, flexible sneakers.

X-Bike

Biking utilizes the X-Bike, which features adjustable free-wheel resistance to simulate outdoor riding and promote proper cycling form. The side-to-side movement in the adjustable-resistance handlebars strengthens your upper body. Balance, power and core stability are increased as you smoothly coordinate upper and lower body movements. This, combined with interval training (i.e. maximum effort interspersed with relief periods), increases metabolic costs, boosting cardiovascular-vascular output. The end result is an experience similar to outdoor cycling, in a controlled, supportive environment.

Yoga (all levels)

We invite you to discover the eight great forms of Yoga. Explore the vast number of ways in which you can develop your personal relationship with Spirit. Find out how you can gain a personal experience of the wondrous integration and delightful harmony of body, mind and spirit. This world yoga class is designed to help you discover your real and amazing potential for a happier, more successful life.

Zumba

Dance your cares away to the rhythms of Latin and international music. The fitness element is infused into the dance movements and essential to your weight loss goals, as you lose yourself in the playfulness of the easy to follow dance movements! Work at your level and modify the movements to suit your body as it is today. During the last 20 minutes of the class we will fuse sculpt and Pilates exercises to build muscle and cool down for our safe trip home.