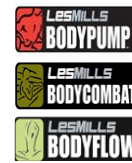




New Classes Highlighted
Check it Out!

POWERHOUSE GYM
Stuart, FL
September 2022

NEW
Yoga Elite Membership!
Enjoy a mix of the best yoga classes in town in our tranquil Yoga Studio.
See page 2



Studio/Type	Monday	Time
Training/ P	BOOTCAMP 🍌🔥 Stephanie	5:15-6:00AM
Training/ P	BOOTCAMP 🍌🔥 Mike	8:30-9:15AM
Group-X/ G	BodyPump 🍌 Julianne	8:30-9:30AM
Training/ P	BOOTCAMP 🍌🔥 Ezell	9:30-10:15AM
Cycle/ G	Sprint 🚴 Marianne	9:40-10:10AM
Group-X/ G	Zumba 🍌 Tara	9:45-10:45AM
Yoga/ Y	Restorative Yoga 🧘 Nona (Bring bolster/pillow)	10:00-11:00AM
Group-X/ G	Senior Fitness 🍌 Audrey	11:00-11:45AM
Yoga/ Y	Gentle Yoga 🧘 Nona	11:30AM-12:30PM
Group-X/ G	Pilates 🍌 Audrey	12:00-12:45PM
Group-X/ G	Senior Fitness 🍌 Audrey	1:00-2:00PM
Training/ P	BOOTCAMP 🍌🔥 Tara	5:30-6:15PM
Cycle/ G	Sprint 🚴 Marianne	5:30-6:00PM
Training/ P	Kickboxing 🍌🔥 Jerry	6:30-7:30PM
Group-X/ G	Zumba 🍌 Briana	6:30-7:30PM

Studio/Type	Wednesday	Time
Training/ P	BOOTCAMP 🍌🔥 Stephanie	5:15-6:00AM
Training/ P	BOOTCAMP 🍌🔥 Stephanie	8:30-9:15AM
Group-X/ G	BodyPump 🍌 Mike	8:30-9:30AM
Cycle/ G	Spinning 🚴 Audrey	8:30-9:15AM
Training/ P	BOOTCAMP 🍌🔥 Stephanie	9:30-10:15AM
Group-X/ G	Zumba 🍌 Tara	9:45-10:45AM
Yoga/ Y	Gentle Yoga 🧘 Nona	10:00-11:00AM
Group-X/ G	Senior Fitness 🍌 Audrey	11:00-11:45AM
Yoga/ Y	Restorative Yoga 🧘 Nona (Bring bolster/pillow)	11:30AM-12:30PM
Group-X/ G	Senior Fitness 🍌 Audrey	1:00-2:00PM
Training/ P	BOOTCAMP 🍌🔥 Nick P	5:30-6:15PM
Group-X/ G	BodyCombat 🍌 Julianne	5:30-6:25PM
Cycle/ G	Sprint 🚴 Jaden	5:30-6:00PM
Training/ P	Kickboxing 🍌🔥 Jerry	6:30-7:30PM
Group-X/ G	Zumba 🍌 Jannilet	6:30-7:30PM

Studio/Type	Friday	Time
Training/ P	BOOTCAMP 🍌🔥 Stephanie	5:15-6:00AM
Training/ P	BOOTCAMP 🍌🔥 Stephanie	8:30-9:15AM
Group-X/ G	BodyPump 🍌 Julianne	8:30-9:30AM
Training/ P	BOOTCAMP 🍌🔥 Stephanie	9:30-10:15AM
Cycle/ G	Spinning 🚴 Audrey	9:30-10:15AM
Group-X/ G	Zumba 🍌 Jenn	9:45-10:45AM
Group-X/ G	Senior Fitness 🍌 Audrey	11:00-11:45AM
Yoga/ Y	Power Vinyasa 🧘 Nona	11:30AM-12:30PM
Group-X/ G	Senior Fitness 🍌 Audrey	1:00PM-2:00PM

Studio/Type	Tuesday	Time
Cycle/ G	Sprint 🚴 Holly R.	5:30-6:00AM
Training/ P	BOOTCAMP 🍌🔥 Stephanie	8:30-9:15AM
Yoga/ G	BodyFlow 🧘 Julianne	8:30-9:30AM
Group-X/ G	Pilates 🍌 Audrey	8:30-9:30AM
Training/ P	BOOTCAMP 🍌🔥 Nick P.	9:30-10:15AM
Cycle/ G	Spinning 🚴 Traci	9:30-10:15AM
Group-X/ G	BodyCombat 🍌 Julianne	9:45-10:45AM
Group-X/ G	Senior Fitness 🍌 Audrey	11:00-11:45AM
Group-X/ G	BodyPump 🍌 Julianne	12:00-1:00PM
Group-X/ G	BodyPump 🍌 Mary Beth	5:30-6:30PM

Studio/Type	Thursday	Time
Cycle/ G	Sprint 🚴 Holly R.	5:30-6:00AM
Training/ P	BOOTCAMP 🍌🔥 Stephanie	8:30-9:15AM
Group-X/ G	Zumba 🍌 Kelly	8:30-9:30AM
Training/ P	BOOTCAMP 🍌🔥 Ezell	9:30-10:15AM
Cycle/ G	Spinning 🚴 Traci	9:30-10:15AM
Group-X/ G	Pilates 🍌 Audrey	9:45-10:45AM
Group-X/ G	Senior Fitness 🍌 Audrey	11-11:45AM
Group-X/ G	BodyPump 🍌 Julianne	12:00-1:00PM
Group-X/ G	Tai Chi 🧘 Jeanne	1:00-2:00PM
Group-X/ G	Body Pump 🍌 Jaden	5:30-6:30PM
Group-X	Lindy Hop/East Coast Swing Dance Lesson (\$5)	7:00-7:45PM
Group-X	Social Dancing (\$3)	7:45-9:30PM

Studio/Type	Saturday	Time
Group-X/ G	STEP Interval 🍌🔥 Holly P.	8:15-9:15AM
Training/ P	BOOTCAMP 🍌🔥 Mike	9:00-9:45AM
Cycle/ G	Sprint 🚴 Marianne	9:00-9:30AM
Group-X/ G	BodyPump 🍌 Jaden /Mary Beth	9:35-10:35AM

Sunday		
Cycle/ G	Spinning 🚴 Sarah	9:00-10:00AM
Group-X/ G	BodyCombat 🍌 Mike	9:00-10:00AM
Group-X/ G	BodyPump 🍌 Jaden /Mary Beth	10:10-11:10AM
Training/ P	Kickboxing 🍌🔥 Jerry	10:15-11:15AM
Yoga/ Y	Slow Flow Yoga 🧘 Nona	11:30AM-12:30PM

🍌 **STRENGTH** 🔥 **CARDIO** 🧘 **MIND/BODY**
 🚴 **CARDIO INDOOR CYCLE** 🍌 **CARDIO DANCE**

P – Team Training offered in the Platinum membership. Platinum members may take all the classes on this schedule.
Y – Classes in the Yoga Elite membership. These members may take all Yoga and Gold-level classes.
G – Classes in the Gold & Insurance memberships. These members may take all Gold-level classes.



PLATINUM POWER TEAM TRAINING

A group personal training session where workouts are uniquely programmed for each class. Participants are coached through a challenging workout with supervision and guidance provided by certified personal trainers. Sessions are included with the Platinum membership or may be purchased as individual sessions. You may upgrade at any time. All Powerhouse Gym Stuart members are welcome to try two sessions for free. Sign-up at the front desk.

Monday	Time
BOOTCAMP/Stephanie	5:15-6:00AM
BOOTCAMP/Mike	8:30-9:15AM
BOOTCAMP/Ezell	9:30-10:15AM
BOOTCAMP/Tara	5:30-6:15PM
Kickboxing/Jerry	6:30-7:30PM

Tuesday	Time
BOOTCAMP/Stephanie	8:30-9:15AM
BOOTCAMP/Nick P.	9:30-10:15AM

Wednesday	Time
BOOTCAMP/Stephanie	5:15-6:00AM
BOOTCAMP/Stephanie	8:30-9:15AM
BOOTCAMP/Stephanie	9:30-10:15AM
BOOTCAMP/Nick P.	5:30-6:15PM
Kickboxing/Jerry	6:30-7:30PM

YOUR PLATINUM MEMBERSHIP INCLUDES

- Unlimited Power Team Training
- Hydromassage
- Gold-level and Yoga Elite Classes
- Unlimited Tanning
- Access to Women's Only Gym
- Access to our Up-Coming New Elite Legs Gym
- Unlimited Kids' Club or Infant Care
- 20% Off Smoothie & Pro Shop Apparel

READY TO CHANGE YOUR LIFE

Thursday	Time
BOOTCAMP/Stephanie	8:30-9:15AM
BOOTCAMP/Ezell	9:30-10:15AM

Friday	Time
BOOTCAMP/Stephanie	5:15-6:00AM
BOOTCAMP/Stephanie	8:30-9:15AM
BOOTCAMP/Stephanie	9:30-10:15AM

Saturday	Time
BOOTCAMP/Mike	9:00-9:45AM

Sunday	Time
Kickboxing/Jerry	10:15-11:15AM

YOGA ELITE

Strengthen the Body, Nourish the Senses, Quiet the Mind

Yoga Elite is the newest Powerhouse Membership offering a transformative body mind experience in our tranquil Yoga Studio. Included with membership or purchased separately, our Yoga Elite classes encompass a variety of styles – Restorative Yoga based on therapeutic modalities; Gentle Yoga organically blending elements of Vinyasa and Pranayama; Slow Flow Practice featuring movements of moderate pace and intensity; Power Vinyasa – a dynamic fusion of traditional Sun Salutations and postural sequences. To reserve your spot in class, please either email us at powerhouseyogaclass@gmail.com, call us at 772-221-2121 or reserve in-person at the front desk within 48 hours of the class. Upgrade to Yoga Elite and find your peace.

Monday	Time
Restorative Yoga/Nona (Bring bolster/pillow)	10:00-11:00AM
Gentle Yoga/Nona	11:30AM-12:30PM

Wednesday	Time
Gentle Yoga/Nona	10:00-11:00AM
Restorative Yoga/Nona (Bring bolster/pillow)	11:30AM-12:30PM

YOUR YOGA ELITE MEMBERSHIP INCLUDES

- Unlimited Yoga Classes
- Hydromassage
- Gold-level Classes
- Unlimited Tanning
- Access to Women's Only Gym
- Access to our Up-Coming New Elite Legs Gym

FIND YOUR PEACE

Friday	Time
Power Vinyasa/Nona	11:30AM-12:30PM

Sunday	Time
Slow Flow Yoga/Nona	11:30AM-12:30PM

Gym Hours: Mon-Thurs 5:00AM-10:00PM Friday 5:00 AM-8:00 PM
Saturday 7:00 AM-6:00 PM Sunday 7:00 AM - 5:00 PM

Kids' Club MORNING Hours: Monday – Sunday 8:00am-1:00pm

Kids' Club EVENING Hours: Monday - Thursday 4:00pm – 8:00pm, Friday 4:00pm-6:30pm