



eMbody Fitness Summer Shape Up Programs

Program	Description	Day	Time	Session Dates
eMbody Activate	Are you brand new to exercise and feel intimidated by the equipment and classes or perhaps you just need a change from doing the same old workout. A team of eMbody Trainers and Instructors will motivate and educate you each week with a different workout including Gravity Training, Group Cycle classes, TRX Suspension Training, functional training and more. The emphasis of this program is making fitness fun in a non-threatening, supportive environment.	Wednesday Wednesday	5:00pm – 6:00pm 8:00pm – 9:00pm	June 16-Aug 11 June 16-Aug 11
eMbrace Vitality	This is the kinder – gentler side of fitness but make no mistake you will have a great workout each class! A mind – body balance is the focus of this program. Each workout will focus on a combination of strength, cardiovascular and mental calmness activities including a variety of yoga techniques. This program is taught by Lisa Barkin, a very talented and experienced instructor of Yoga.	Tuesday Thursday	2:30 – 3:30pm 11:30am – 12:30pm	June 15-Aug 10 June 17-Aug 12
eMbody Reshape	Diet alone can't help you lose those last ten or more pounds. This nutrition and exercise program consists of a variety of fitness activities intended to keep participants in their target fat-burning zone. A nutrition component is included each week to educate you on healthy eating strategies. Dynamic eMbody Reshape instructors Debra Basch and Victoria DeSousa are both certified with an expertise in both personal training and holistic nutrition.	Friday	10:30am – 11:30am	June 18-Aug 13
Gravity Training	GRAVITY is a fun and innovative full body workout with maximum results. Participants use their body weight as resistance against the pull of gravity. A free rolling glide board encourages an unrestricted free flow of multi-plane movement that recruits multiple muscle groups synergistically while working the core stabilizers. Gravity training is great for all ages and fitness levels. Our team of certified Gravity instructors will introduce you to an entirely new way to work out!	Monday Wednesday Wednesday Thursday Friday Friday Sunday	10:00am – 11:00am 7:00am – 8:00am 5:00pm-6:00pm 12:30pm – 1:30pm 9:30am – 10:30am 10:30am-11:30am 11:15am – 12:15pm	FULL FULL FULL
TRX Suspension Training	Originally designed by the U.S. Navy as a training tool for its special Sea, Air and Land (SEAL) forces, The TRX uses your body weight against gravity to increase strength, stability and endurance. The TRX system is suspended and therefore creates a dynamic environment, making the neuromuscular system work to co-ordinate movement. The TRX is used by many professional athletes and is also excellent for new exercisers. Master Trainer Robert Steigele will create a workout full of variety aimed at measurable results.	Wednesday Wednesday	12:00pm – 1:00pm 5:00pm – 6:00pm	June 16-Aug 11