

Lite: Minimum effort for benefit
Full: Full effort for better benefit
Max: Max effort for max benefit

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WORKOUT SCHEDULE for Longevity Example

MONDAY

Lite: noon 26 & 2 75 min

Full: 8 a.m. Pilates Cardio

Max: 8 a.m. Pilates Cardio

TUESDAY

Lite: Rest

Full: 5:30 p.m. Flow Fusion

Max: 5:30 p.m. Flow Fusion

WEDNESDAY

Lite: 10 a.m. 26 & 2 75 min

Full: 5:30 p.m. 26 & 2 90 min

Max: 5:30 p.m. 26 & 2 90 min

THURSDAY

Lite: Rest

Full: 7:00 p.m. 26 & 2 75 min

Max: 9:30 a.m. 26 & 2 90 min

FRIDAY

Lite: 6 a.m. 26 & 2 75 min

Full: 8 a.m. Pilates Strength

Max: 8 a.m. Pilates Strength

SATURDAY

Lite: 8 a.m. Pilates Cardio

Full: 10 a.m. 26 & 2 75 min

Max: 2 p.m. 26 & 2 90 min

SUNDAY

Lite: Rest

Full: Rest

Max: Rest