

Shape Up @ REV

Sundays 4:00 – 5:00 pm (starting Sept 9th)
Thursdays 6:30 – 7:15 pm (starting Sept 6th)

- HotCore® and Buti® Sculpt, Buti® Yogo, PiYo, and Mat Pilates

WHAT TO BRING:

1. Mat is optional but preferred
2. Yoga clothes: sports bra, yoga pants/shorts, and shirt, no shoes
3. WATER BOTTLE (you'll want it close by)
4. Optional hand towel
5. Knee-high or thigh-high THIN socks, with ankle socks underneath, and optional bra pad inserts for the tops of feet (this is for HotCore) *Explanation: We slide on the balls of the feet AND on the tops of the feet. Modification sliding is in a kneeling position, which is why you want socks to cover knees. Pointe shoe toe pads will not cover the specific spot on the tops of the feet so don't bring those. You want the long socks to be easy gliding fabric because of our Marley floor.*
6. Smiles 😊 You will have fun while getting an intense 45 min to 1 Hour workout.

What is PiYo?

PiYo = muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. It is taught to music with choreographed exercises that will leave your body looking long, lean, and defined.

What is HotCore® and Buti® Sculpt?

HotCore® = first 30 minutes of class (in socks) that utilizes the Spiral Structure Technique to engage the deep muscles of the core. It is broken into pre-sequenced sets to maximize muscle toning, look and functionality, while enhancing core strength. Buti® Sculpt= second half of class (without socks) that will focus on building long, lean muscle tone while kicking the body into a heightened metabolic state. This portion of class is considered a HIIT (High Intensity Interval Training) workout. Benefits include hormone balancing, cellular repair, and increased metabolism for the 36-hour period following this class.

What is Mat Pilates?

Mat Pilates involves performing Pilates exercises on the floor, which includes controlled breathing during body weight resisted movement to build core strength. Benefits include improvement of bone density, back pain relief, core strengthening, injury prevention, increased flexibility, improved posture, and improved cardiovascular endurance.

What is Buti® Yoga?

Buti® Yoga is a powerful blend of dynamic asana practice fused with tribal dance, primal movement, and deep core engagement. Buti means "the cure to something hidden away or kept secret" in the Indian dialect Marathi. This practice helps students tap into their primal power to find their cure. The power to heal is within - stop looking outside yourself!

Get ready to shake, burn and laugh while taking Shape Up with Christine!