

# Summer Shape Up 2019

**Wednesdays and Thursdays 6:45-7:45pm Starting June 5<sup>th</sup>**

- All Buti Yoga Formats: Buti Yoga, Hot Buti, Deep, HotCore, Buti Sculpt, Buti Bands
- Open to adults and REV dancers 12 – up!

## **WHAT TO BRING:**

1. Mat is optional but preferred; Optional hand towel; WATER BOTTLE (you'll want it close by)
2. Yoga clothes: sports bra, yoga pants/shorts, and shirt, no shoes, Smiles 😊
3. Knee-high or thigh-high THIN socks for HotCore

## **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!

## **What is Hot Buti?**

Hot Buti is like the Buti Yoga format, but without the cardio and plyometric elements since the studio will be warmer than a typical class. Hydrate before you come to class. Don't worry about it getting too hot. Revolution is not a heated studio with heated lamps.

## **What is Deep?**

Deep is a restorative movement class that utilizes the Spiral Structure Technique to connect mind to muscle and catalyze vibrational change on a cellular level. The class is broken into 6 structure sets that aid in repairing muscle damage, enhance blood flow, and is a wonderful guide to help activate abdominal muscles more efficiently. Self-massage is also mixed in to the structure sets.

## **What is HotCore?**

HotCore is a 30-minute 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. This class can be combined with Buti Sculpt and Buti Bands.

## **What is Buti Sculpt?**

Buti Sculpt is a 30-minute class that focuses on building long, lean muscle tone while kicking the body into a heightened metabolic state. This 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. This class can be combined with HotCore and Buti Bands.

## **What is Buti Bands?**

Buti Bands is a 30-minute HIIT-based resistance training workout targeted to lift & shape the booty while toning & strengthening the hips. Revolution has Buti bands, but you can bring your own if preferred. This class can be combined with HotCore and Buti Sculpt.

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

**Purchase a class card online today!!**

**Single Class \$20**

**5-classes \$60**

**10-classes \$100**

**15-classes \$120**

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