

PILATES SCHEDULE DECEMBER



MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am - 7:00am Int/adv. Reformer Ashley				6:00am - 7:00am Int/adv. Reformer Ashley		
7:00am - 8:00am All Levels Reformer Sarah	7:00am - 8:00am All Levels Reformer Melanie	7:00am - 7:45am Blood Flow Restriction Reformer Cezanne	7:00am - 7:45am All Levels Reformer Trish			
8:30am - 9:15am All Levels Reformer Allison	8:30am - 9:30am All Levels Reformer Cezanne	8:30am - 9:30am All Levels Reformer Melanie	8:30am - 9:30am Int/Adv Reformer Melanie	8:30am - 9:30am Int/Adv Reformer Alex	8:15am - 9:00am All Levels Reformer Allison	8:45am - 9:30am All Levels Reformer Alex
9:45am - 10:30am Int/Adv Reformer Melanie	9:45am - 10:30am All Levels Reformer Allison	9:45am - 10:45am All Levels Reformer Jalin	9:45am - 10:30am All Levels Reformer Melanie	9:45am - 10:30am All Levels Reformer Alex	9:45am - 10:45am All Levels Reformer Cezanne	9:45am - 10:45am Int/Adv Reformer Alex
4:00pm - 4:45pm All Levels Reformer Jalin				4:00pm - 4:45pm All Levels Reformer Nicole	11:15am - 12:00pm Int/Adv Reformer Gwen	11:00am - 11:45am PILATES INTRO Alex
5:00pm - 5:45pm All Levels Reformer Cezanne	5:00pm - 5:45pm All Levels Reformer Jodi	5:00pm - 5:45pm All Levels Reformer Cezanne	5:00pm - 5:45pm All Levels Reformer Gwen	5:00pm - 5:45pm All Levels Reformer Nicole		
6:00pm - 7:00pm PILATES INTRO Ashley	6:00pm - 7:00pm Int/adv. Reformer Alex					

Single Session: \$25

Packages: 5 pack - \$105 (\$21/session) ; 10 pack - \$190 (\$19/session); 20 pack - \$320(\$16/session)

All Levels Reformer -This class creates long, lean muscles and improves posture by mobilizing your spine through several ranges of motion including flexion, extension, lateral flexion, and rotation using the REFORMER, while infusing small props like weights, the Pilates ring, balls, and more. This 45 minute class will fly by with endless exercise possibilities, so be prepared to have fun while improving your flexibility, muscle tone, and core strength! This class is appropriate for people of all levels

Blood Flow Restriction Reformer - The Use of the blood flow cuffs increases the challenge of this all levels class.

Intermediate/Advanced Reformer - Intermediate/Advanced Reformer: In this advanced class, clients are challenged with both strength and endurance exercises. Movements are executed without formal breaks or rests although clients are always encouraged to listen to their bodies. Exercises in this class are selected to help improve athletic performance, balance, strength, and control. When one muscle group fatigues, a different area will be targeted, allowing clients to maintain correct form as they push beyond their limits. Ideal Pilates experience: 6-12 months

Intro to Pilates - This Class is geared to the beginning Pilates student. You learn how to breathe and engage your deep core muscles. Please wear socks that have grips on them.

Stretch on the Reformer - Tennis players, Golfers, Swimmers, runners and cyclists and anyone else who puts their body through repetitive movements will benefit by adding this physical therapy like class into their regiment. Pilates adds core strength and stability, as well as increased mobility in the spine, hips, and shoulders.

Pinot and Pilates - This fun all levels Reformer class followed by appetizers and wine in the Clubhouse. This is a perfect class to take with your friends or spouses. The cost is \$40 per person, \$25 for unlimited Pilates Reformer members.