

PILATES SCHEDULE SEPTEMBER



MON	TUES	WED	THURS	FRI	SAT	SUN
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 Pilates with Props 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					11:15am -12:00pm Int/Adv Reformer Gwen	11:00am -11:45am Intro to Pilates Alex
5:00pm -5:45pm All Levels Reformer Cezanne	5:00pm -5:45pm All Levels Reformer Jodi	4:00pm -4:45pm All Levels Reformer Robin	5:00pm -5:45pm All Levels Reformer Gwen	4:00pm -4:45pm All Levels Reformer Nicole		
	6:00pm - 7:00pm Int/adv. Reformer Alex	5:00pm -5:45pm All Levels Reformer Cezanne		5:00pm -5:45pm All Levels Reformer Nicole		



Single Session: \$30

Packages: 5 pack - \$105 (\$21/session) ; 10 pack - \$190 (\$19/session); 20 pack - \$340 (\$17/session) *** Post Summer Sculpt Program is 6 weeks long cost: \$300

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.

Jump Board Abs Reformer- This is a high intensity session using the jump board to improve power and get your cardio vascular system fired up.

Pilates with Props - Get your Summer body sculpted in this all levels class will use balls, rings, gondola poles and boxes.

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.

Post Summer Sculpt Program: This is a 6week progressive program with Pilates reformer, Tighten and Tone Booty and Abs Sculpting with nutrition meal planning, recipes, & grocery lists. Get ready to sculpt, tone and build your body, ignite your core and shed stubborn belly fat as we go through dynamic exercises weekly to get ready for summer! Focusing on strength training and lower intensity movements be prepared for new challenges. Abs on fire!!! We plan on torching belly fat and carving your core, say goodbye to your love handles and say hello to abs. From killer planks to oblique twists we will target a strong deep core and toned mid section. Whether you're looking to build a rounder, firmer booty or simply want to tone your legs this program is a ticket to cake greatness. Get ready to feel the burn and strut out feeling stronger, tighter and more confident than ever. Lets sculpt those curved and unleash the booty gains!!!

When: 10:30am Mon, Tu, Th, Fri

Instructor: Coaches Taylor and Alex

Cost: \$300 for 6 weeks