



Small Group Training Schedule

Beginning the week of January 7th- March 5th, 2019

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
Morning	9am Mixed Levels Mat	9am Reformer Challenge	9am Pilates with Props	9am Reformer Progressions	9am Core Reformer		9am Mixed Levels Mat	9am Reformer Boost	9am NEW! Intro to Reformer (5 Weeks)	9am Mixed Levels Reformer
	10am Aging Actively	10am Reformer Boost	10am NEW! TRX		10am Fascial Focus		10am NEW! Reformer Progressions		10:30am Core Reformer	10am Mixed Levels Reformer
							11:30am Aging Actively Reformer			
Afternoon	12noon Back Care		2pm Aging Actively Reformer		1pm Reformer Boost					Private Training Available Upon Request
			3pm Core Reformer							
Evening	5:45pm Reformer Challenge	5:45pm NEW! TRX	6:45pm Essentrics		5:45pm Performance Pilates	5:45pm Reformer Boost	5:45pm Reformer Boost			
	7pm Reformer Progressions				7pm Reformer Progressions		7pm Reformer Progressions			

Classes in **Red** are Mat based training. Private training is highly recommended prior to enrolling.

Classes in **Blue** are Reformer based training. Due to the specific nature of the equipment, private training is mandatory before enrolling for a session.

Descriptions

Mat Based Training	Reformer Based Training
<p>Restorative Pilates - A specialized mat work class catering to clients looking for a challenging and varied workout but are faced with exercise restrictions due to joint, bone or spinal conditions. This class aims to improve core strength and postural alignment, while improving stability, endurance, balance and functional strength. Various light equipment (props) are incorporated into each class to challenge the body in different ways and to keep exercises interesting. Movement creates wellness</p>	<p>Intro To Reformer — The Pilates Reformer is the key piece of equipment in any Pilates training studio that combines core strength, flexibility and mobility with upper body and lower body strengthening. This unique machines will help you align your body to make more effective connections. This 5-week intro class is for those with no previous reformer experience.</p>
<p>Mixed Levels - This class is designed to accommodate all levels of ability in Pilates Mat work. Different levels of challenge will be offered during class, so whether you are just starting out or have been doing Pilates for years you will find the appropriate challenge in this class!</p>	<p>Reformer Progressions - This class is appropriate for anyone looking to move beyond Basic Reformer and for those ready to add more challenge to their workout. Modifications will be provided as needed, so don't think you need to be an expert to enter this level but be prepared for introduction to use of small equipment to add challenge to exercises.</p>
<p>Pilates with Props-Use props of all kinds to enhance your Pilates practice. We'll incorporate all different Pilates equipment to help you engage with your body and connect with your muscles</p>	<p>Core Reformer - This workout is an intense, moderate-paced challenge with both Essential and Intermediate Reformer exercises woven together to create a smooth flow. This class is one of the more challenging on our schedule, so be prepared to take yourself to the next level!</p>
<p>Fascial Focus - This Mat class incorporates the fascial principles of bounce, sense, expand and hydrate to help you move and feel better. When we practice these four techniques into our essential mat exercise. We are aiming for tension and integrity. Our goal is to allows our muscles to work more effectively. Our Fascia is a sheath layer around our entire muscular system. We want to get the fascia moving and responding with a greater neuro muscular connection. If we uncoil the areas that are causing restriction we will in return have greater muscular movement patterns. This can eliminate pain, restore function and help us more freely.</p>	<p>Reformer Boost - This workout is an intense, fast-paced challenge with both Essential and Intermediate Reformer exercises put together into a smooth-flowing class with little room to rest! This level of Reformer workout will also introduce you to some of the athletic-based exercises.</p>
<p>Performance Pilates - Focusing on the body-sculpting benefits of Pilates, with fat-melting cardio training and functional fitness targeting core strength to tone and shape your whole body this class will help retrain unbalanced muscles, ignite the core, and build strength from within. Jumpstart your metabolism, optimize athletic performance, and train smarter with the combination of body control and power movements. You do not have to be an athlete to join...but be ready to work out like one!</p>	<p>Reformer Challenge - This reformer class challenges your core & total body strength while elevating your heart rate. As always focus is placed proper form and technique.</p>
<p>Pelvic Floor Pilates - "Pelvic Floor Health is a Fitness Issue!" Join us to practice the 10 essential PFilates™ exercises that are scientifically proven to activate and strengthen your pelvic floor, abs and tone your lower body all at the same time!</p>	<p>Basic Reformer- Now that you understand the principles of Pilates and how to use the reformer to improve your strength and mobility, our Basic Reformer class will help you progress your practice and enhance your understanding of the repertoire on the Pilates Reformer.</p>
<p>TRX Suspension Training - TRX is suspension training. This one of a kind workout uses your body weight as the resistance. Suspension Training® allows for the use of multiple planes of motion and works multiple muscles and joints simultaneously but is easy to adapt for all levels of ability by changing how you position your body.</p>	<p>Back Care Reformer - The Reformer is an ideal place for those with back problems or spinal conditioning to improve mobility and increase core strength and decrease pain. This class takes into consideration those clients with spinal</p>
<p>Functional Flexibility - Flexibility is one of the most important aspects of fitness. This Class will guide your body through a series of stretches that promote correct body alignment and over all well-being. It highlights the importance of engaging the core which will reduce the risk of injury, back pain, increases range of motion, flexibility and balance. Stretching assists with relaxation, flexibility, strength and fitness.</p>	<p>Essentrics- This class is a dynamic, weight-free program that strengthens the muscles in the elongated position through unique fluid movements.</p>
<p>Aging Actively - This speciality class helps older adults meet their health and fitness needs. Posture, balance and stability are a major focus. All work is done seated in a chair or standing for a safe and effective environment.</p>	

- Due to limited number of spaces in classes, we do recommend pre-registration. Should you prefer to do a drop-in class, please call to inquire about availability.
- Missed the beginning of the session? You can join a session any time and we'll pro-rate the cost of your session.

- Classes listed in **Blue are Reformer Based Classes**. The reformer is unique piece of Pilates equipment and helps make core connections more efficient. Private training is the ideal place to learn the basics of Reformer training and is required
- We offer make-up classes as a courtesy to our clients should you be unable to make a class. All make-ups classes must be completed within the session they were purchased.

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