



Small Group Training Schedule

Beginning the week of July 9th, 2018 to the week of August 27th, 2018

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Morning	9am Mixed Levels Mat	9am Reformer Challenge	9am Ball Pilates	9am Reformer Progression			9am Mixed Levels Mat	9am Reformer Boost			9am Mixed Levels Reformer
	10am Aging Actively Level 2	10am Reformer Boost	10am NEW! Fascial Focus		10am Reformer Progression				10:30am Core Reformer	10:30am NEW! Apprentice Mat	10am Intro to Reformer
Afternoon	12noon Back Care Level 2		3pm Core Reformer		1pm Reformer Boost		11:30 am Aging Actively Reformer Level 2		11:30am NEW! Apprentice Reformer		Private Training Available Upon Request
Evening	5:45pm Reformer Challenge				5:45pm Performance Pilates	5:45pm Reformer Boost	5:45pm Reformer Boost				
					7pm Reformer Progression						

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.

Apprentice classes are offered as a weekly add on to your current schedule.

Descriptions

Mat Based Training	Reformer Based Training
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!	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 machine will help you align your body to make more effective connections. This 5-week intro class is for those with no previous reformer experience.
Performance Pilates -Suitable for clients with a solid grasp of Pilates principles, this class focuses on correct technique and building better proprioception. Improve your posture and performance, whether it is in the garden or while doing your favourite sport. Various props are incorporated to challenge you in all planes of motion to achieve a more balanced, coordinated and agile you	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.
Ball Pilates - Get ready to have a ball! This workout is a challenge with the large stability ball, toning balls and a small inflatable ball. Its ability to challenge stability and balance while promoting flexibility and power makes for a stimulating and unique workout!	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!
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.	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.
Fascial Focus - Fascia is the newest buzz word in the health and wellness industry and we can show you how to work on yours. This connective tissue encompasses your whole body and is an essential part of safe and effective movement. Through movement and the use of props, we explore your fascia and help it become more flexible, hydrated and durable. We'll explore the fascial principles of bounce, sense, expand and hydrate to help you move better and feel better.	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.
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!	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
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.	30 min Reformer – Commit to your health during your lunch break. This quick but effective session will help you fit fitness into your day and leave you more alert, less painful and with time in the evening to enjoy time to do what you want. Build strength, flexibility and core connection with this twice a week session!
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.	

- 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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